

Natural Step School of Tai Chi for Health & Well Being

414 Penn Ave South, Bryn Mawr Village, Minneapolis, 55405.

*Natural Step Tai Chi won the 2015 Best Business of Minneapolis in the category of Tai Chi
& was voted by the readers of Minneapolis Happening as the Best Center for alternative Health & Exercise in 2015*



Learn a low impact meditative healing exercise system for the well being of mind & body.
We ensure that learning is uncomplicated & enjoyable, & that you are welcome in our community
regardless of your age, ability or current level of health.

Complimentary classes in May

Thursday May 19th ~ 10:30 to 11:30 a.m

or Wednesday May 25th ~ 12:00 to 1:00 p.m

or Thursday May 26th ~ 6:00 to 7:00 p.m

Places are limited. Please reserve with an email to

ColinSnow@NaturalStepTaichi.com



www.NaturalStepTaiChi.com

612 – 377 – 6469