

Tai Chi

for Strength and Balance

Experience a slower, more relaxed approach to fitness as you practice moving with less muscle tension and more mind-body awareness.

Wednesdays
2:45 - 3:45 p.m.
Sermon Center
201 N Dodgion

\$30 - 6 Week Session
OR \$5 Per Visit

Session Dates

Sept 14 - Oct 19

Oct 26 - Dec 7

(No Class Nov 23)

Call 816-325-7370 to register.



This is a progressive mind-body program designed to help older individuals improve their balance and prevent falls through the regular practice of tai chi.

Emphasis is placed on focusing the participants' attention on proper structural alignment, relaxing the waist, coordinating upper body movements with lower body movements, eye play, mindful connection of the breath to the movement of the body, and the development of an inner sense of calmness and well-being.

INDEPENDENCE **PARKS & RECREATION**



Scan this code to visit our website and learn about our new instructor, Dorri Li.

