



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAI CHI

Chambersburg YMCA

September 11 – November 13, 2023
Mondays 4:00PM – 5:00PM

FREE for Y Members
\$40 for Non – Y Members

- An 10 week workshop and a review session working step-by-step to learn the art of Tai Chi.
- Suggestions to wear loose fitting clothes, flat sole shoes.
- **Pre-Registration Required**
- **SPACE IS LIMITED**



For information, contact Angie Hoffmann at
717-446-0533 | ahoffmann@chbgy.org

Name: _____ DOB: _____ Y Member: YES NO

Address: _____

Phone #: _____ Email: _____

Tai Chi Workshop

The ancient Tai Chi practice has been proven to help people feel better physically, mentally, emotionally, and spiritually. Of course, you have to actually commit to doing the practice to derive the benefits. This is what we ask of each participant. Upon following the first session, you will be asked to be committed and dedicated to the in-house MONDAY session and you will practice regularly on your own between classes.

Signature

Date

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