

BEGINNER TAI CHI



**With Chris Plummer
in New Hope**

6 week series

starts 1/17
in New Hope
& 1/24 in
Warrington

The **CORNERSTONE** Clubs

About Beginner Tai Chi

Thursdays 1/17 - 2/21; 3:00 - 4:00pm; New Hope OR

Thursdays 1/24 - 2/28; 6:30 - 7:30pm; Warrington

As a review for existing students and for beginners of all ages and abilities, this is a 6 week introduction to the ancient Chinese martial art, exercise, and moving meditation known as T'ai Chi Chuan.

Designed so that students will learn several postures each week and by week 6, perform the complete 13 posture Yang form. For students desiring to renew or continue a T'ai Chi practice, this class provides an excellent foundation to participate in ongoing mixed-level T'ai Chi and preparation to learn more advanced T'ai Chi and Qi Gong concepts and techniques.

\$89/person - limited to 10 participants

Registration required; no drop-ins.

Call **215.862.2200 (New Hope)**, **215.918.5900 (Warrington)**
or register online at **www.cornerstoneclubs.com**