

Tai Chi for Health Balance and Wellness

Revitalize your mind and body and reduce stress.

Create powerful, effortless and balanced movement.

Focus on mindful breathing and integrated movements.

Center for Disease Control Recommended for fall prevention

Move Better, Feel Stronger, Improve Balance, Lower Blood Pressure, Improve Sleep,
through the practice of Tai Chi

with

Professional Tai Chi/Qigong Instructor Chris Netto BA

at

Center for Spiritual Living 1905 Hartnell.

*****ongoing classes*****

Tuesday 11:00am *Tai Chi for Arthritis and Balance (TCA 1 and 2)*

Tuesday 12:15pm *Balance the Tai Chi way, featuring balance
and Tai Chi exercises for balance improvement*

Wednesday 9:15am *Tai Chi for Health and Balance featuring
Shibashi and Tai Chi for Diabetes (TCD)*

Wednesday 10:30am *Balance the Tai Chi way, featuring balance
and Tai Chi exercises for balance improvement*

NEW Tuesdays 6pm *Tai Chi for Health and Balance featuring Shibashi
Starts September 17th*



For more information and registration visit:

www.standingfirmfitness.com

Call Chris at (1+469) 964-9369

Email chnetto@standingfirmfitness.com



Member of
Tai Chi for Health Community