

# EASY Tai Chi – Spring 2019



The regular practice of **TAI CHI** can help improve overall health by strengthening your cardiovascular system and help with balance issues.

Students will learn short pieces of Qigong and tai chi forms, but will not be expected to learn the longer, traditional tai chi forms (that's why it's EASY Tai Chi – strong memory is not necessary). The focus will be on therapeutic benefits to balance, flexibility, weight-bearing strength and stress-reduction in a welcoming, supportive atmosphere.

INSTRUCTOR: Susan Flanagan, Instructor

(Certified Tai Chi Easy, 2009) (Certified Therapeutic Qigong and Tai Chi for Arthritis)

**DATES: (Wed) March 6-April 10, 2019 (6 weeks)**

**DATES: (Wed) April 17 (No class April 24<sup>th</sup>) May 1, 8, 15, 22, 29, 2019**

TIME: 11:15-12:15 PM

PLACE: Bedford Town Hall (across from the Bedford Public Library)

FEE: \$70 Bedford Residents//\$80 Non-Residents

**TO REGISTER: Please call the Recreation Department  
@ 472-5242 or register online at [www.BedfordRecOnline.com](http://www.BedfordRecOnline.com)**

**DEADLINE TO REGISTER: February 27<sup>th</sup>**