

Heartmind Tai Chi is offering
Beginner's Tai Chi Classes

****Starting September 8th****

Our beginner's class curriculum consists of:

Cheng Man-Ch'ing's 37 movements Tai Chi form

The five loosening exercises

Qi gong including the 18 therapies

A short Taoist meditation at the end of class

Monday evenings 6:00 PM – 7:00 PM

Wilder Memorial Hall 666 Main Street Hingham

Wednesday evenings 6:00 PM – 7:00 PM

Cohasset Recreation Teen Center 55 S.Main Cohasset

Thursday evenings 6:00 – 7:00 PM

Wilder Memorial Hall 666 Main Street Hingham

Saturday morning 9:00 AM – intermediate class

(Sword form and push hands included)

Please be fully vaccinated

Please contact Fred Willette for more information

781-383-1960 fsjwill@verizon.net

www.heartmindtaichi.org

