

TAI CHI



A Beginners Session

Tuesday Evenings 7:30 to 9:00

Starting September 14th

In Montpelier at 1 Granite Street

(Down by the river near the Coop next to the Iron Bridge)

This course is designed to give you an introduction to Tai Chi and at the same time an opportunity to discover your own true movement. The slow, fluid exercises of this ancient Chinese art train us to find the source of movement at the body's core. Coming from inside out, it is naturally graceful and fluid. Tai Chi is a process of bringing the whole nervous system into balance, of releasing tension and awakening the flow of energy. Participants will be instructed in the Tai Chi classic Yang Long Form, a solo pattern of movements, which once learned, is a treasure to practice as a personal exercise.

Tuition: This course is a 13-week session. Students pay \$140 for the full session, or installment payments as follows: first 8 weeks \$95 and final 5 weeks \$60.

Pre-registration is not necessary

Instructor Sara Norton has practiced Tai Chi for over 30 years. She studied this movement art in Paris and has taught it in France and Vermont

For more information call Sara Norton at 454-8550