

TAI CHI EASY™

With Rev. Sharon Kennedy



Tai Chi Easy™ Sessions Empower Individuals to Share the Self-Care Practices of Qigong and Tai Chi. Tai Chi Easy™ Consists of a Simple Medical Qigong called Bu Zheng Qigong (Enhance Function Qigong) and a Modification of Traditional Tai Chi.

Tuesdays, Beginning February 7, 2012
5:30 to 6:30 PM
\$5.00 per Person

To Sign-Up or for More Information, Please Contact:

Center for Spiritual Living

1905 Hartnell Avenue * Redding, CA 96002

221-4849 or visit www.cslredding.org