

# Tai Chi Easy™

Experience the calming and revitalizing practice of Tai Chi, an ancient stress mastery tool that involves slow gentle movements.

Come and learn some simple and very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi has helped people of all ages improve balance, increase flexibility, relieve pain, and diminish the effects of daily stress.



Transform  
Your  
Day  
and  
Your  
Life

Tuesdays, 12:30-1:15 pm

September 9 – December 2, 2008

UC room 259B

Free

If you have questions, contact Marilyn Kile, Certified Tai Chi Easy facilitator, [kilem@uww.edu](mailto:kilem@uww.edu), 262-472-1300 X 2244