

Improve your health

The *Taoist Tai Chi Society*[®] internal arts and methods incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension, improve circulation and balance, and increase strength and flexibility.

h2u members can learn
Taoist Tai Chi[™] with its 108 moves for
\$5 per class per person.

**You're Invited to an Open House
Observe Demonstrations
Refreshments Served**

Free Introduction Class

Monday Oct. 12th 5:30 pm to 7:00 pm

Beginner Taijiquan (Tai Chi)

Classes Start

Monday Oct 19th

5:30 pm to 7:00pm

h2u Bayshore Center

6049 26th Street - 941- 758 - 8343



Taoist Tai Chi Society of the USA
A CHARITABLE ORGANIZATION
Sarasota Branch
941-365-0999
www.sarasota.florida.usa.taoist.org

