

# Tai Chi / Qi Gong

**March 20-May 22, 2024**

**10 Weeks \$150**

***Beginner Fan or Sword***

***Wednesdays 10:00am-11:00am***

***Intermediate Fan or Sword***

***Thursdays 10:00am-11:00am***

Provides  
consistent  
physical  
exercise

Increase  
flexibility in  
the body

Produces  
of endorphins  
in the brain

Register in Person Mon-Thurs. 4-7pm or online  
[www.cygnusarts.org](http://www.cygnusarts.org)

