



Epiphany

CATHOLIC CHURCH

BEGINNER'S TAI CHI

Gentle Movement for Body, Mind & Spirit



Subheading



Thursday mornings



9:15–10:00 AM



Lighthouse



Location Change



The Health and Wellness Committee is offering an opportunity for parishioners to learn beginner's Tai Chi.



The instructor is Tom Hall, who has more than 50 years of experience. His focus is on 'slow, gentle and focused movements coordinated with very specific breathing practices that produce an inner calm beneficial to body, mind, and spirit.'



Tom promises that the movements are easy to learn and offer immediate benefits.



Participants are asked to wear loose-fitting clothing and flat shoes.



Epiphany's insurance coverage asks us to have signed waivers from participants; these will be available on the first day.



Everyone is welcome!

Non-parishioner friends are invited to join us as well.

