

# Tai Chi Classes

Introducing Tai Chi at Namaste: This class will be run like a workshop. The cost to Namaste members will be \$10 per class and to non members will be \$15 per class.

Tai-Chi is a moving meditation combining slow fluid movements, calm mental focus and coordinated breathing for health and well being. Reduces stress, strengthens immunity, tones muscles, increases energy, balance, flexibility, and slows down the aging process.

Classes will begin the first week in November and will be held on Wednesdays from 10:45 am - 11:45 am. Please pre-register.



**Location:** Namaste – The Yoga Spa  
377B South Oyster Bay Road  
Plainview, NY 11803-3301

**Time:** Wednesdays  
from 10:45 - 11:45 am

**Cost:** \$15 per class / \$10 per class for members

