



*Dragonfly Healing Arts presents*

## **TWO TAI CHI CLASSES BEGINNING IN SEPTEMBER 2016**

**Taught by Julie Guth, certified instructor**



**TAI CHI FOR ARTHRITIS® (TCA)** meets for **10 weeks** from **September 14- November 16. 10-11 AM.** It will meet from **10-11 AM** in the yoga studio at Franklin Arts Center in Brainerd.

This is a great class for people who want to improve their flexibility and/or balance, as well as those living with arthritis, fibromyalgia, and related conditions. Medical studies confirm that, practiced regularly, TCA relieves pain, reduces falls, and improves quality of life. That's why it is one of the programs promoted by the Arthritis Foundation. Class fee: \$100.



**TAI CHI FOR ENERGY® (TCE)** runs for **7 weeks**, from **September 21-November 2.** It will meet from **6-7 PM** at Spirit Horse Center, 5 miles south of Baxter.

This class is designed for people without significant physical impairments; students need to be able to stand on one leg for a brief time. If you want an invigorating daily wellness practice which can help develop your internal energy and ability to manage stress, this class is for you. Class fee: \$70.

*Preregistration & payment are required for both classes.*

**Registration deadlines: TCA – September 2  
TCE – September 9**

**Questions? Contact Julie at [dragonflyha@live.com](mailto:dragonflyha@live.com) or 218-838-0097.**

Please note that I will be unavailable by phone from August 3-14. I will also have limited internet access during that time, so my response may be somewhat delayed.

