



### *Start off 2018 with T'ai Chi Chih!*

This 8-week series will be taught by Kathleen McAllister, an accredited instructor dedicated to helping students of all ages reduce stress and regain balance through this "user friendly" moving meditation. If you've taken the previous classes (not a requirement) you'll learn some different tips and tricks this time.

T'ai Chi Chih is a gentle moving meditation practiced by thousands of people around the world and designed for a lifetime of movement. T'ai Chi Chih can be adapted to any physical condition and modified to a seated practice. Wear comfortable clothing to class.

Class size is limited. **Registration is required** for each session you'd like to attend. If you find you cannot attend a session after you've signed up, please let us know as soon as possible so someone on the waiting list can have your spot.

Classes will be held on the following Thursdays from 12:00—1:00

January 4, 11, 18 and 25

February 1, 8, 15 and 22



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