



The Marple Library is excited to offer an introductory 4-week series to T'ai Chi Chih: a soft, flowing, moving meditation practiced by thousands of people around the world and designed for a lifetime of movement.

Come relax your body while focusing your mind. You'll learn a series of gentle movements that stimulate, circulate and balance internal energy. Beneficial results are obtained regardless of age, physical condition, or agility. T'ai Chi Chih can be adapted to any physical condition and modified to a seated practice.

These classes will be taught by Kathleen McAllister, an accredited T'ai Chi Chih teacher who is dedicated to helping students of all ages reduce stress and regain balance through this very "user friendly " moving meditation.

Kathleen has taught in the Philadelphia suburbs in elementary schools, YMCA's, yoga studios, Mainline Health Center & private eight week classes. She is excited to see what T'ai Chi Chih can do for others. For more information go to

www.taichichih.org

Register in advance ~ class size is limited.

Thursdays 10/26, 11/2, 11/9 & 11/16

1:00pm—2:00pm

