



## **T'AI CHI CHIH CLASSES**

*A moving meditation practice that helps activate, balance and circulate the body's natural energy (Chi) through a series of 19 soft movements. Benefits may include increased energy, improved balance, lowered blood pressure.*

### **8 WEEK SPRING 2017 SCHEDULE**

*QUELLEN SPIRITUAL CENTER (Sisters of Christian Charity)  
350 Bernardsville Road  
Mendham, NJ*

*BEGINNER STUDENTS: 9AM-10AM  
CONTINUING STUDENTS: 10:15AM-11AM*

*March 29, April 5, 12, 19, 26. May 3, 10, 24*

*ST. MARGUERITE RETREAT HOUSE  
(CONVENT OF ST. JOHN BAPTIST)  
82 W. Main Street  
Mendham, NJ*

*BEGINNER STUDENTS: 6-15PM-7:15pm*

*March 20, 27. April 3, 10, 17, 24. May 1, 8.*

For class fees and registration please contact

Angela Calogero, Accredited T'ai Chi Chih teacher  
973.879.3918 or seashells1951@gmail.com