

Experience greater *joy thru*

T'ai Chi Chih®  
*movement*



(AS SEEN IN AUGUST 13, 2015 DELAWARE NEWS JOURNAL.  
Photo: SAQUAN STIMPSON/SPECIAL TO THE NEWS JOURNAL. For more info click on  
<http://www.delawareonline.com/story/life/2015/08/13/move-harnesses-chi/31647007/>)

**DEEPEN YOUR UNDERSTANDING  
OF 20 SIMPLE YET POWERFUL  
MOVEMENTS THROUGH  
T'AI CHI CHIH  
GUIDED PRACTICE**

Suitable for any graduates of a  
T'ai Chi Chih intro level course,  
Guided Practice is an ideal way to

experience even greater physical and mental health benefits by refining your  
movements. Moving in a room of seasoned practitioners can also be quite profound.

**WHEN:** Choose any 7 of 9 Tuesdays, January 15th – March 12th  
3:30-4:30PM

**WHERE:** 724 Yorklyn Road (in the Stone Mill complex), Suite 150  
Hockessin, DE 19707

**COST:** \$105 (additional 2 classes just \$15 each)



**Classes will be led by Jessica Lewis, Hockessin Chiropractic's  
Lifestyle Coach & Accredited T'ai Chi Chih Instructor**

To learn more about the transformative power of regular T'ai Chi Chih practice and all aspects  
of Jessica's Lifestyle Coaching private practice click [www.SculptUrLife.com](http://www.SculptUrLife.com) or like Jessica on  
Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

**NOTE THAT SPACE IS LIMITED...ONLY 8 STUDENTS PER CLASS!  
CALL 302-239-8550 BY JANUARY 8TH TO REGISTER**