

*Experience 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/>)

**Stress reduction & improved health can easily be yours through regular practice of just 20 simple yet powerful movements!**

Chi Chih is EASY and enjoyable to learn as well as suitable for any age, physical condition, or agility level.

Typical benefits include improved energy, balance, mental clarity, and blood pressure. T'ai Chi Chih can also be a valuable tool in the management of chronic pain or conditions including arthritis, heart disease, obesity, and depression.

**WHEN:** 9 Mondays 3-4PM, January 7th – March 18th  
(NOTE: no classes on 2/18 & 2/25)

**WHERE:** The Wheeler residence  
1417 Bucknell Road  
Wilmington, DE 19803

**COST:** *FIRST CLASS IS FREE* – just \$124 for the remaining 8!



**Classes will be led by Jessica Lewis, 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 *Sculpt YOUR LIFE* click [www.SculptUrLife.com](http://www.SculptUrLife.com) or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

**CALL 302-593-5005 BY JANUARY 2ND TO REGISTER**