

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 8 Mondays,  
January 7th – March 18th, 1:30-2:30PM  
(NOTE: no classes on 1/28, 2/18 & 2/25)

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

**COST:** \$109 (or \$124 if attending all 8 classes)



**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 click [www.SculptUrLife.com](http://www.SculptUrLife.com) or like Jessica on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

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