

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 Mondays,
March 25th – May 20th, 1:30-2:30PM

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

COST: \$109 (additional 2 classes just \$15 each)



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 or like Jessica on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

CALL 302-593-5005 BY MARCH 18TH TO REGISTER