

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, March 19th – May 14th
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 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 MARCH 12TH TO REGISTER**