

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!

T'ai 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: 8 Mondays 6-7PM, March 16th – May 4th

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

COST: \$120



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 9TH TO REGISTER**