

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 17th – May 26th
(no class 3/24 & 5/12), 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 10TH TO REGISTER**