

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/>)

ESPECIALLY during such completely unprecedented times you can't afford **NOT** to practice these **20** simple immune-boosting, analgesic, and mood-lifting movements!

Suitable for any graduate of my intro-level class, the timing has never been better to deepen your understanding of this FUN moving MINDFULNESS practice EASY enough for any age, physical condition, or agility level. Why? BECAUSE IT WORKS! Even under normal circumstances typical benefits include improved energy, balance, mental clarity, blood pressure, and disease symptom management. But now more than ever, T'ai Chi Chih can be a powerful asset in keeping ALL of us healthier!

WHEN: Choose any 7 of 9 Tuesdays, January 12th — March 16th
(no class 1/19), 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/>

ALTHOUGH PHYSICAL CLASS SIZE IS LIMITED TO 4 THE VIRTUAL ATTENDANCE OPTION MEANS SPACE IS ACTUALLY UNLIMITED... CALL 302-239-8550 BY JANUARY 8TH TO REGISTER (AND/OR RECEIVE YOUR ZOOM LINK!)