

*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/>)

**There's never been a better time to learn and practice twenty simple, instantly analgesic, immune-boosting, and mood-lifting 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 but it can also be a valuable tool in the management of chronic pain or conditions including arthritis, heart disease, obesity, and depression. Now more than ever, however, T'ai Chi Chih can even be a powerful asset in flattening the curve!

**WHEN:** 9 Mondays 6-7PM, September 20th – November 15th

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

**COST:** \$135



**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 T'ai Chi Chih and all aspects of Jessica's Lifestyle Coaching private practice click [www.SculptUrLife.com](http://www.SculptUrLife.com) or follow Jessica on [Facebook](#), [Instagram](#), [LinkedIn](#), [Twitter](#), [YouTube](#), and [MeetUp](#)

**ALTHOUGH PHYSICAL CLASS SIZE IS LIMITED TO 4 THE VIRTUAL ATTENDANCE OPTION MEANS SPACE IS ACTUALLY UNLIMITED... CALL 302-239-8550 BY SEPTEMBER 13TH TO REGISTER (AND/OR RECEIVE YOUR ZOOM LINK!)**