

Tai Chi for Health

May 22, 29, June 5, 12, 19 & 26

9- 10 am

Registration Deadline: May 16th (Space is limited)

Residents: \$30

Non-Residents: \$45

Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. This program is based on Sun Style Tai Chi. It is easy-to-learn, safe and effective. The program includes qigong (breathing exercises), special precautions and tai chi movements. Sun Style is especially beneficial for arthritis because it contains powerful qigong exercises to enhance healing, agile steps to improve mobility and much depth to hold learner's interest.

For more information contact Rolesville Parks & Recreation at 919-554-6582.