



2017

*Location:*



802 West Drake Road, Suite 133  
Fort Collins, CO 80526

970-494-6446

*Experience the powerful and graceful movements of T'ai Chi Chih.*

*Explore principles that help bring the body's natural energy into balance.*

*Learn how working with our natural flow of energy can reduce stress,  
increase clarity and expand our sense of well-being and joy.*

## **Eight Week Beginner Class**

**Wednesdays** 11:00am – 12:00pm

**Cost:** \$70 Non-member **Cost:** \$110

**Call 970-494-6446 for 8 week session dates**

*\*No refunds or transfers.*

*T'ai Chi Chih* is a moving meditation consisting of 19 movements and one pose. The movements are easy to learn and can be done by anyone regardless of age or physical condition. The movements circulate and balance the body's vital force or chi.

**Benefits:** Relaxation and reduced stress  
Enhanced balance, energy, stamina and flexibility  
Increased awareness, focus and creativity  
Improved blood pressure and immune system  
Relief of headaches, back pain and chronic conditions  
Cultivation of an internal center of peace and serenity

### **Marie Dotts**

Accredited *T'ai Chi Chih* Teacher with 15 years experience.

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