

# Learn Tai Chi

With Certified Feldenkrais Movement  
& Tai Chi Instructor, Lawrence Attile

**Saturdays, 10-11:00 am**

March 6, 13, 20, 27

April 3, 10, 17, 24



Tai Chi is a traditional Chinese mind-body relaxation exercise that uses simple, slow movement sequences anyone can do, young or old. Daily practice improves physical, mental and emotional well-being. Wear comfortable clothes, and join the group!

Our instructor, **Larry Attile**, has studied martial arts for over 45 years. He is a certified 6th degree black belt in Tae – Kwondo and a 3rd degree black belt in Hapkido. He has studied the art of Tai – Chi for 35 years and Chi- Kung for 30 years.

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