

Tai Chi with Evie

www.taichiwithevie.com

A meditative dance-like exploration
of Yang style 108-step Tai Chi form
to promote mind-body wellness

Monday (Intermediate) 5:45 - 6:45 pm

Saturday (Intermediate) 12:30 - 1:30 pm

Summer Schedule

June 1st - August 31st

Classes free for members, \$10 for Tai Chi-only students

No class -- 7/4, 7/6

At Akasha Yoga Center

121 North Main Street

Crystal lake, IL

Register with Evie at 815-276-5065