

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

Beginners welcome

Summer Schedule – July 1st – Sept 30th

No class – 7/13, 7/15, 7/20, 8/31 and 9/2

Classes – Free for members, \$10 for guests

At: Akasha Yoga Center

121 North Main Street

Crystal Lake, IL

Register with Evie at 815-276-5065