

# Tai Chi with Evie

[www.taichiwithevie.com](http://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

**No Class – March 16th thru April 4th**

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 or [www.taichiwithevie.com](http://www.taichiwithevie.com)