

Tai Chi

Tai chi and Qigong are two mind-body practices that originated in ancient China. They are often combined practices (within one class) and are appropriate for people of almost any age or condition. Tai chi is a type of low-impact and weight-bearing exercise that began as a martial art. As it developed, it took on the purpose of enhancing physical and mental health. Tai chi involves slow, gentle movements, deep breathing, and meditation. Qigong (which translates to "breathing exercise") is a practice with which we begin every class and which prepares both the mind and body for the actual practice of Tai Chi.



When

Wednesdays 2:00PM – 3:00PM
and

Saturdays 9:00AM – 10:00AM
10:15AM – 11:15AM

Location →

Royal Palm Beach Rec Center
100 Sweet Bay Lane
Royal Palm Beach, FL 33411

**Register
In person** ↓

At the Royal Palm Beach
Recreation Center

FREE TO PARTICIPATE

FOR MORE INFORMATION CALL
THE REC CENTER AT 561-790-5124



Village of
ROYAL PALM BEACH
Florida

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