



# Tai Chi Easy™



This class is a blend of flowing qigong movements and a 5-form Tai Chi set that is designed to increase lung capacity, improve balance and lower blood pressure when practiced on a regular basis. It can be done standing or seated. Expect to have fun!

**Dates:**

**Free Date:** March 30, 2023  
**Class Begins:** Thursdays, starting April 13 2023\*  
through Thursday, May 4 2023

*\*Start date and weekly sessions will be dependent on weather/ice conditions; refer to our Facebook page for weekly session information and Cancellations\**

**Time:**

10:30 – 11:30 AM

*\*Please note: This class doesn't offer drop-ins; at least 3 participants are needed in order for the program to run\**

**Who:**

Anyone interested in practicing Tai Chi!

**Where:**

Barrington Recreation Department  
105 Ramsdell Lane, Barrington NH  
03825

**Cost:**

\$35 Entire Program (4 classes)  
Veterans get Free Admission!

Barrington Recreation Department | 105 Ramsdell Lane | Barrington, NH | 03825 | 603-664-5224  
<https://www.barrington.nh.gov/recreation-department/pages/adult-senior-programs> |  
<https://www.facebook.com/BarringtonRecDept/>