



# Tai Chi Easy



www.alittleclass.net

## Tai Chi Easy with Silk Reeling

Silk reeling is at the center of Chen style Tai Chi training, helping to develop strength, internal energy, balance, body awareness, unity in movement, relaxation and grounding. Targeting the tissues in joints, ligaments, and tendons, these slow, graceful spiraling movements help to overcome stiffness and cultivate more flexibility.

**Dates:**

Class Begins: Thursdays, starting May 18 through June 8

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

**Time:**

10:30 – 11:30 AM

**\*Please note: This is a 4-week class. Drop-ins are allowed by former and current students only.**

**Who:**

Anyone interested in practicing Tai Chi Easy!

**Where:**

Barrington Recreation Department  
105 Ramsdell Lane, Barrington, NH 03825

**Cost:**

Resident: \$30 Full Session, \$10. Drop In

Non-Resident: \$40 Full Session, \$12. Drop In

Veterans get Free Admission!

Barrington Recreation Department | 105 Ramsdell Lane | Barrington, NH 03825 | 603-664-5224  
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