



Tai Chi Easy™



Tai Chi is a mind-body exercise that integrates slow, intentional movements with breathing and cognitive skills such as mindfulness and imagery. It aims to strengthen, relax and integrate the body and mind, enhance the natural flow of Qi (energy), and enhance health and personal development. It is known to lower blood pressure and improve balance.

Please register at Dover Adult Learning using contact information below.

<p>Offered by Dover Adult Learning Center! Limited to 10 students – Must register</p> <p><u>Dates:</u> Free Introductory Date: April 8, 2023 Class Dates: 4/15, 4/22, 4/29 and 5/6</p> <p><u>Time:</u> 10:30 – 11:30 AM Please note: This class does not offer drop-ins.</p>	<p><u>Who:</u> Anyone interested in practicing Tai Chi!</p> <p><u>Where:</u> Integrated Massage & Wellness 45 Pointe Place #18, Dover, NH 03820</p> <p><u>Cost:</u> Dover Residents \$50. Others: \$55</p>
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Dover Adult Learning Center | 61 Locust St | Dover, NH 03820 | (603) 742-1030
<https://www.doveradultlearning.org/events/tai-chi/>