



Tai Chi Easy

Come learn a blend of simple Qigong / Tai Chi techniques that can be done while seated, standing, or walking. When practiced on a regular basis, this is known to boost immunity, improve focus, relieve stress and lower high blood pressure.

<p><u>Dates:</u></p> <p>Thursdays 9/14/23—10/5/23</p> <p>*Start date and weekly sessions will be dependent on weather conditions; refer to our Facebook page for weekly session information and Cancellations*</p> <p><u>Time:</u></p> <p>10:30-11:30 AM</p>	<p><u>Who:</u></p> <p><i>Anyone interested in practicing Tai Chi!</i></p> <p><u>Where:</u></p> <p><i>Barrington Recreation Department 105 Ramsdell Lane, Barrington NH 03825</i></p> <p><u>Resident Cost:</u></p> <p><i>\$10 Drop-In Fee (1 class) \$30 Entire Program (4 classes)</i></p> <p><u>Non-Resident Cost:</u></p> <p><i>\$12 Drop-In Fee (1 class) \$40 Entire Program (4 classes)</i></p>
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recreation@barrington.nh.gov | <https://www.barrington.nh.gov/recreation> | <https://www.facebook.com/BarringtonRecDept/>

Register using link below or call Barrington Recreation at 603.664.5224

<https://www.barrington.nh.gov/recreation-department/pages/adult-senior-programs>