

## TCEF for Dover Adult Learning Center – Fall 2022

### Tai Chi Easy Fundamentals

Is a carefully developed approach that makes Tai Chi easy, fun, and beneficial right away!  
*This Tai Chi Easy Fundamentals* class is recommended for those who are looking for a gentle, casual pace.

This program includes:

Postural alignment, gentle movement, self-massage, and meditation that can be done standing, sitting, or even lying down, making it accessible to people of all abilities.

The goal of this class is to have fun, keep moving, and meet some like-minded individuals!

**Niles Park Community Center, 58 Union Street, Dover, NH 03820**

Parking available.

These classes will be held from 4:00 PM to 5:00 PM on the following days:

Thurs 9/22, Tues 9/27 and Thursdays 10/6 and 10/13

**Seymour Osman Community Center, 40 Hampshire Circle, Dover, NH 03820**

Limited on-street parking. Please carpool when you can. More parking available in the right-side lot of the Maintenance building.

These classes will be held from 10:30 AM to 11:30 AM on the following Thursdays:

10/13, 10/20, 10/27 and 11/3

Please call Dover Adult Learning Center at 603-742-1030 to register.

~ Or ~

you may register online by going to:

<https://www.doveradultlearning.org/programs/enrichment-classes/health-wellness/>