

TAI CHI

Tai Chi is an exercise program designed to improve strength, flexibility, coordination, balance, stamina & mental focus.

It can be used for meditation and stress relief. Tai Chi consists of exercises and routines drawn from dance, mime, yoga and classic Chi Gung (Chinese aerobic exercise for health and meditation) and martial arts – Tai Ji Chuen.

The instructor, Eric Raboy has been practicing the art of Tai Chi for over 40 years and teaching for over 12 years.