

Restoring Your Body & Taming Stress with TAI CHI

Join Briony Hunn

Mondays

12:35-1:35pm

Wednesdays

12:35-1:35pm

Build up and strengthen your whole body while learning to ease tension and discomfort through intentional natural movements that nurture you.

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Gain heightened awareness of one's body through movement.

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Exercises are designed to gently rejuvenate your mind and body during this 1 hour session.

Included with a fitness rider or punch cards are available

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All Abilities Welcome

