

Tai Chi



Description: The state of differentiation is a phase called “tai chi.” It literally means “great polarity” The opposite poles on of this polarity are referred to as yin and yang.

Tai Chi is one of the best-known martial arts of the Internal systems from ancient China. Based on Qigong and martial art techniques from thousands of years ago, Chen Wang ting developed the Chen Style Tai Chi around 1670. It is characterized by contrasting and complimentary movements-slow and soft versus fast and hard.

**THIS IS NOT A BEGINNER CLASS; HOWEVER,
BEGINNERS ARE WELCOME!**

Day: **Mondays** - 9:00am

Location: Clinton Methodist Church, Clinton

Day: **Wednesdays** – 9:00am

Location: Senior Center, Flemington

Registration is required. You must sign a waiver.

No charge. No prior experience necessary!

To register; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

**Open to Hunterdon County residents age 60 and over who are
enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
-Senior Health & Fitness Program**