

Tai Chi Classes

Tai Chi is a form of exercise that involves slow movements and deep breaths. It has been found to reduce stress, improve mood, enhance sleep, and reduce the risk of falls. Tai Chi can be modified so individuals of all abilities can participate. It can even be done seated!

Dates & Time

8- Week Session

Tuesdays, 10:00-11:15 am

- 1st Class- September 10
- 2nd Class- September 17
- 3rd Class- September 24
- 4th Class- October 1
- 5th Class- October 8
- 6th Class- October 15
- 7th Class- October 22
- 8th Class- October 29

Cost

\$40 for 8-week session

Note:

Payment required before the first class to reserve spot.

Parking is not available at St. Augustine's Church. Please use street parking or underground parking across the street



Location: Church of St. Augustine of Canterbury – Upstairs
1847 Bayview Ave. (Broadway, north of Eglinton)

To register or for more information, please contact April Powell, Supervisor of Community Wellness at 416-481-6411 ext. 287

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