

**Beginning Tai Chi Classes at Otterbein United Methodist Church
108 E. Franklin Street, Hagerstown
Wednesdays 5:00 – 6:00 p.m.
November 1, 8, and 15 (3 weeks)
Classes will break for the holidays and resume in January 2024
Suggested Donation: \$15 (\$5 per session)**



This beginning course in T'ai Chi is designed especially for the novice, of any age, who wishes to learn a simplified version of this profound art form. The art of T'ai Chi is taught as a holistic exercise that promotes health, improves balance, and enhances mind-body awareness. Step-by-step instruction is provided in an easy-to-learn format of less than 20 movements. No previous experience is necessary. Wear comfortable clothing and flat-soled shoes. Masks may be required. Exclusions apply for pregnant women and those with severe arthritis in the knees.

Instructor - Paul Cote

Paul has spent the past 35 years teaching and exploring T'ai Chi in connection with improved body management and as a holistic health practice. He is currently teaching Tai Chi at Hagerstown Community College

Cost and Registration

A suggested donation of \$15 for this mini-series (\$5 per class) is recommended, payable at the first class. Cash or checks are accepted, with checks filled out to Otterbein UMC – Tai Chi in the memo line. Scholarships are available upon request.

Register on-line: <https://otterumc.org/taichi>, or contact Kate in the church office: office@otterumc.org or call 301-739-9386