

**Beginning and Intermediate T'ai Chi Classes
Otterbein United Methodist Church
108 E. Franklin Street, Hagerstown**

**Tuesdays for 7 Weeks
January 14 – February 25, 2025**

**Beginners Class: 5:00 p.m. – 5:45 p.m.
Intermediate Class 5:45 p.m. – 6:30 p.m.
Suggested Donation: \$35 (per 45 min. session)
\$60 if Attending Both Classes - 5:00 p.m. – 6:30 p.m.**



The 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.

The intermediate class is for those participants who have had 6 months of exposure to the beginner level material.

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 has taught both beginner and intermediate classes at Hagerstown Community College for 15 years.

Cost and Registration

A suggested donation of \$35 per 45 minute class for 7 weeks is recommended. If attending both beginners and intermediate classes (1.5 hrs.), cost is \$60 for 7 weeks. Fees are payable at the first class. Cash or checks are accepted, with checks filled out to Otterbein UMC – Tai Chi in the memo line. Sorry, we're not able to process credit cards. 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.