

Tai Chi

Now offered in our Community Center!

Sign up NOW!



Come experience the ancient art of Tai Chi. This rhythmic stretching patterns, gentle movement and coordinated breathing have been shown to improve balance, flexibility and muscle strength leading to increased well being, energy, endurance and agility. Come join our instructor, Morris Siegel, R.N., M.A. as he leads you through this journey. Morris is a retired teacher and nurse that has been studying Tai Chi for 19 years and teaching it for the past 11. He is a certified hypnotherapist and a Tai Chi instructor for the Arthritis Foundation. Morris has taught in a number of facilities, including the Rhoher Fitness Center, both in Voorhees and Washington Township, Royal Courts of Barrington, Our Lady of Lords Wellness in Collingswood, the Jewish Community Center of Cherry Hill, the Township of Cherry Hill and the Lions Gate Assisted Living facilities.

Sessions are 6 weeks in length; however Tai Chi is non-competitive and self-paced allowing you to start with any Session. Individuals participating in all Sessions will find additional variations towards this life time pursuit. You may register for additional sessions at any time.

Classes are held on **Mondays** from 11:30 a.m. to 12:30 p.m.

CLASS SIZE IS LIMITED TO 30, MINIMUM 10

Class fee is \$ 40 per session; Haddon Heights residents may deduct \$5. Kindly wear sneakers and comfortable clothing; you may want to bring a water bottle. For those unsure of their ability to stand for an hour, please note that you may participate while seated for part or all of the class. Tai Chi is recommended for men and women of all ages and abilities.

Summer Session 2: July 26, Aug 2, 9, 16, 23 & 30

Fall Session 1: Sept 13, 20, 27, & Oct 4, 11, 18

Don't wait to register! Procrastination may cause programs to be cancelled due to insufficient enrollment.

Name: _____ Phone: _____ Email: _____

Address: _____ City, State, Zip: _____

Indicate Session(s): _____ Summer 2 _____ Fall 1

Fee enclosed \$ _____ Fee per session = _____ x _____ Session(s) = \$ _____

Please make checks payable to the Borough of Haddon Heights
Mail completed form and check to:

Haddon Heights Borough Hall
625 Station Avenue
Haddon Heights, NJ 08035
Attn: Tai Chi