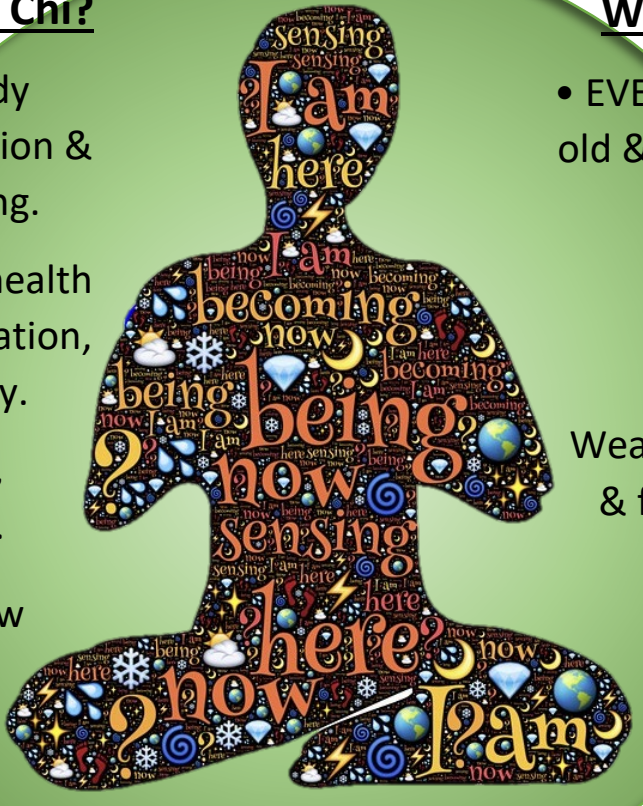
Seated Tai Chi

Benefits of Seated Tai Chi?

- Achieve mind & body harmony through relaxation & focused deep breathing.
- Help maintain mental health & enhance body coordination, balance, and flexibility.
- Strengthen bones, tendons, & muscles.
- Increase energy flow & blood circulation.



Who Can Do Tai Chi?

- EVERYONE! Male & female, old & young. ANYONE who is willing to learn.

Tai Chi Attire

Wear comfortable clothing, & flat soled shoes. Bring water, if you like.

Tuesdays & Thursdays at 8:00 am

Gulfport Senior Center – 5501 27th Avenue S.

Room 107