

# Tai Chi

## CLASSES

Tuesday & Fridays, 11am | January 6-March 31

UUCGL | 101 FOREST AVE. | SWAMPSCOTT, MA 01907

"Taiji can give you the strength of a lumberjack, the pliability of a child, and the peace of mind of a sage."

– Asian proverb



Looking to support your health and wellbeing with an embodied spiritual practice?

Would you like to engage in a practice of joy, calm, and empowerment?

Join our beginner level Tai Chi classes at UUCGL this winter! Some of the benefits:

- promotes relaxation and good health
- improves balance and flexibility
- relieves stress and fatigue
- strengthens body and mind

A small donation per class will be requested to assist with the building costs and to help support Rosie's teacher.

**REGISTER TODAY – SPACE IS LIMITED!**



Rosie Tan Segil, is a Wudang certified teacher with more than 8 years of practice experience. She teaches in the Daoist Gate tradition of Tai Chi (also written "Taiji") and Qigong. Her tradition is a very gentle form on the body, known for its health benefits, and welcoming to people of all ages and abilities. The style she teaches was developed in the Wudang Mountains of China and taught to her by Daoist monk Zhou Shifu.