

# Tai Chi Chuan

Thursdays: 6:00-8:00 pm

April 20 – June 22

Ages 16 & up

\$40/session

Walk-ins welcomed: \$8/per class

Ban Sou believes that practicing Tai Chi today is a way to build one's health now and to maintain it decades from now. Tai Chi is recommended by physicians to build strength, relieve joint pain, and prevent falls. He enjoys teaching all ages and is especially interested in teaching senior citizens to honor his mother Mok Kieu who died 3 years ago.



Tai Chi Chuan is an ancient Chinese martial art that employs slow rhythmic movements (soft form) to develop strength, balance, coordination, and unification of the mind and body. The goal is to increase the flow of the body's internal energy (Chi) throughout the body. As Chi flows more freely, one gains strength in the body and clarity of the mind. It is beneficial for those who want to improve their health as well as practice moving meditation.



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