

TAI CHI

**FOR PEOPLE WHO HAVE OR HAVE HAD BREAST, OVARIAN
OR GYNECOLOGICAL CANCER.**

**Weekly on Wednesdays, 10:30 - 11:30 am
(*check our calendar for exceptions)**

Albert. A. Cappellini Community and Cultural Center, Yorktown Heights, NY

The basic principle of **Tai Chi** (TIE-chee) is to cultivate what the Chinese allude to as the 3 treasures: mind, body, spirit.

This class will teach a basic beginners form.
Learn to focus the mind while working on posture and motion.

Benefits include improved balance, strength & flexibility, and a sense of well-being. The goal is to help each student understand the mind-body relationship so they can continue to grow with the forms they have learned long after class ends.

No experience is necessary.

INSTRUCTOR: Alan Bandes has practiced Tai Chi for over 40 years. A teacher for 8 years, he helps each student achieve success within their unique capabilities.



**REGISTRATION REQUIRED
CALL SUPPORT CONNECTION:**

**914-962-6402
800-532-4290**

SUPPORTCONNECTION.ORG

