

Join us for

# INTRO TO TAI CHI

at Beban Social Centre

May 8 - July 3, 2024

Wednesday evenings

7:00 – 8:30pm

Learn the first 17 moves with a focus on the foundations and building blocks of Tai Chi

Fee: \$64 (for 8 classes)

Course ID: 115982

To Register:

[recreation.nanaimo.ca](http://recreation.nanaimo.ca); 250-756-5200 ;

or in person at Beban Park ; Bowen Park ; Nanaimo Aquatic  
Centre; Oliver Woods Community Centre