



Mid Island Tai Chi Club

Fall 2024 Classes

Nanoose Bay

NANOOSE PLACE

Free Event:

FALL 2024 OPEN HOUSE Thurs (Sept 5) 9:30 - 11:30am

View demos for standing and seated Tai Chi; find out about health benefits; meet and greet with current students and instructors; try a bit of Tai Chi and warm up exercises for practice at home. You can also register on-site for our new Intro to Tai Chi class.

By Donation Tai Chi Classes:

INTRO TO TAI CHI (8 classes) Thurs (Sept 12 – Oct 31) 10:00 - 11:30am

Learn the first 17 moves of Tai Chi and start to practice the key principles and foundations of Tai Chi to cultivate energy, strength, balance, focus, and relaxation.

Note: Registrants can donate for the full set of 8 classes upon registration to support commitment and continuity of practice

CONT'G BEGINNERS TAI CHI Thursday 10:00 – 11:30am (start Sept 5*)

FOUNDATIONS OF TAI CHI Thursday 10:00 - 11:30am (start Sept 5*)

SEATED TAI CHI Tuesday 10:30 - 11:30am (start Sept 3)

* Note: 1st week Sept classes are part of Open House Event, 9:30am start on Sept 5

Schedule drafted on 8/12/24; subject to change. Ps refer to Mid Island Tai Chi Club's website midislandtaichi.org for more details and the latest schedule. For inquiries, Tel: 778 744-0413, Email: admin@midislandtaichi.org