



Tai Chi

Tai Chi has been refined into a slow, graceful and rhythmic exercise that stretches and tones the body, increases strength, flexibility, balance, and helps reduce stress and anxiety. The step by step teaching makes it easy to learn and follow. The friendly and positive atmosphere will help you achieve the goals of finding peace of mind and harmonizing internal energy.

No registration necessary, just drop in.

Dates: Every Monday starting January 11, 2016

Time: 1:30pm – 2:30pm

Location: Bay Club Courtside
14675 Winchester Blvd.
Studio A
Los Gatos, CA 95032

Questions: Email: cancersupportivecare@stanfordhealthcare.org
Call **650.725.9456**