

**Namaste Yoga of Kensington
Presents**

**Tai Chi Series
June 5th, 12th, 26th, July 10th and 17th
Sundays 2:30-4pm**

**\$125 for 5 week series
(\$30 for weekly drop ins if space permits)
NO CLASS CARDS**

Tai Chi is an ancient art form of movement that is beneficial for health and well being. These movements are ideal for people with diabetes, back pain, arthritis and osteoporosis. Tai Chi enhances the flow of energy (chi) within the meridians (energy channels). Perfect for increasing range of motion. Learn breathing techniques to help with your everyday activities.

**Experience Tai Chi
Clear the Mind
Detox the Body
Free the Spirit**

**Pre-Register TODAY and reserve your spot for this Series
Space is very limited, CALL NOW!!!!
Call 347-533-6226 or 6227**

**Namaste Yoga of Kensington
482 Coney Island Ave
(Use Red Stairs on Church Ave)
Brooklyn, NY 11218
www.mynamasteyoga.com**