TCHI Instructor Skill Builder Workshop
With Master Trainer Pat Lawson

Saturday, May 2, 2020
12:30pm - 3:30pm
Moore Community Center Theatre
125 State Street, Ellsworth

Fee: $35 (includes snacks and beverages)

Registration/more info:
Nina Zeldin, TCHI Senior Trainer
nina@healthyacadia.org
207-667-7171 or 954-651-7546

Depending on participant interest, practice will focus on one or more of the following forms:

- Tai Chi for Arthritis
- Tai Chi for Arthritis 2
- Tai Chi for Heart Conditions
- Tai Chi for Diabetes
- Tai Chi for Osteoporosis
- Tai Chi for Energy
- Tai Chi for Rehabilitation
- Tai Chi for Kidz
- Sun Style 73
- Yang Style 24
- Yang Style 40