



FREE Tai Chi Gung Movement Series at the Library

**MARCH 18 - 10:30am-12:30pm
Balance Your Energy & Mind**

**March 25 - 10:00am-Noon
Breathing & Chi**

**April 1 - 10:00am-Noon
The Power of Energy & Movement**

**April 23 - 10:00am-Noon
Increase Natural Vitality & Longevity**

Flow through slow intentional movements and mindful breathing. Tai Chi Gung awakens vital energy, enhances balance, ignites regeneration, and promotes deep inner calm.

**Free Tai Chi Gung Movement Series
Yancey County Library
321 School Circle, Burnsville, NC**

**Instructor: Nan Collins
(407) 388-4200**

**To Register:
Email nanc@circleofchi.com**

**Ask about
Tai Chi Gung
in Burnsville & Asheville**



**To learn more about
Tai Chi Gung & Circle of Chi**