



camdenwellness.org



# Camden Wellness

**What:**  
*Tai Chi  
Chuan*

**When:** *Tuesday  
5:30 – 6:15 PM*

**Where:**  
*1029 Broad St  
Camden, SC*



***Tai Chi Chuan Resumes 8 January***

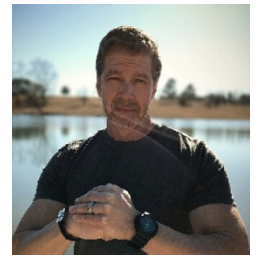
## ***Class Description/Information:***

Tai Chi Chuan is a Chinese martial art where the traditional focus and reliance upon external force and physicality was replaced with development of one's internal force or "chi" through a complete balance of mind, body and spirit. The postures or movements are gentle but powerful in nature therefore making the art accessible to the old and young alike, regardless of one's current fitness level. Balance, focus, improved circulation, and increased confidence are but a few of the many benefits of the art.



## **Cost:**

*Single Class: \$12  
10 Class Pack: \$100*



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