

# TAI CHI FLOW FOR SENIORS

## TWO INTRODUCTORY CLASSES:

DEC. 11<sup>th</sup> or 18<sup>th</sup>  
11:15AM - 12:15PM



Presented by Mary Bartel, Structural  
Yoga Therapist,  
Tai Chi Flow and Meditation Instructor.

RSVP Required at 518-523-3200