



Tai Chi Class

Every Monday at
Cape Cod Rehab in Hyannis
starting June 14th
6:30 PM

4 sessions for \$60
or
12 sessions for \$150

50% off for
members!

**"Tai Chi is the
internal balance
known around
the world for
its healing of
the body, mind
and spirit."**

Take Tai Chi! Also known as Tai Chi Chaun, Tai Chi is taught from the direct lineage of Guang Ping Yang Taijichaun. Feel energized and empowered with this ancient Chinese martial art. Tai Chi is the internal balance known around the world for its healing of the body, mind and spirit. Achieve flexibility as you learn moves through historical martial applications theory. It is both moving and standing meditation. Take in the universe, hear the birds, the flowing waters, and smell the fresh summer air while smiling at the cosmos.



Instructor **Loashur John W. Morash M.Ed.** has been training people on Cape Cod and Massachusetts for over 30 years in the martial arts. Give yourself back to yourself. Flow like the mighty river, and be as still as the mountain.

To sign up, talk to one of our Fitplan staff members, email Eric Chandler at echandler@fitplan.com, or call us at 508-778-5000