



**Welcome to T'ai Chi Chih®
Ovation, @ The Gathering
Beginner Series
3/1/23 - 3/29/23 - 9am**

Enter the Cosmic Rhythm and learn this gentle practice consisting of 19 movements and one pose. T'ai Chi Chih can be practiced standing or seated. It is a healing art like Qigong and considered a moving meditation which develops our internal energy known as Chi, the Vital Life Force.

Evidence based research (www.taichichih.org) and practitioner reports note T'ai Chi Chih benefits may include: increased energy, improved balance and sleep, and enhanced immunity. The gifts you receive may be customized to your own needs!

"Joy is our natural heritage" - Justin Stone, the originator of T'ai Chi Chih

*Chi Energy Works
Annette McNeil, LSW
T'ai Chi Chih ,Seijaku & Qigong
Master Reiki Practitioner
Phone: 908-229-1999
Email: nettieamcneil@gmail.com
Facebook: Chi Energy Works*