



BODY MOVEMENT MEDITATION
T'AI CHI CHIH
A REVIEW AND PRACTICE SESSION

Do you need a boost in your T'ai Chi practice? Do you need a review of some of the movements? This session will assist the participants in renewing and finetuning each of the Twenty T'ai Chi Chih movements. Each movement will be reviewed and practiced in a thorough way. The group will also engage in group experiences of T'ai Chi Chih.

Instructor: Maureen Conroy, RSM, D.Min.
Co-director of the Upper Room, Spiritual Director,
Practitioner of Holistic Healing Modalities, and Certified
Tai Chi Chih Instructor

Date: Wednesday, January 25, 2012

Time: 6:30pm – 9:30 pm

Place: The Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2
Neptune, NJ 07753 (732-922-0550)
(Behind Holy Innocents Church)

Fee: \$35 ~ \$45

Registration with a \$10 deposit required by Jan. 20th

**Tai Chi Chih A Review and Practice Session
Wednesday, January 25, 2012**

Name: _____ Amt. Encl: _____
Address: _____ Phone: _____
City/State/Zip _____
E-mail _____

Please Mail to the
Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
732-922-0550 or e-mail: office@theupper-room.org