Come be renewed and energized. T'ai Chi Chih is a moving meditation that is simple, easy to learn and practice. It is a non-martial form which centers on the internal energy - Chi of the body, bringing the practitioner into balance and harmony. During our time together participants will experience several movements. No prior experience is required, and participation may be done standing or sitting.

Thursday afternoons: NOVEMBER 12 and 19, 2020
1:30pm - 3:00pm
Caldwell Dominican Motherhouse Chapel

PRESENTER
Sister Antonia Cooper, OSF

For information call: 973.403.3331 Ext 25
Web page: www.lumenctr.org
Email: lumencenter@caldwellop.org
Registration appreciated by NOVEMBER 5, 2020

I would like to register for: T'ai Chi Chih: A Moving Meditation Joy through Movement

Fee: $55 for both sessions

Name__________________________________________
Phone________________________________________

Mail to: The Lumen Center, 1 Ryerson Avenue, Caldwell, New Jersey 07006