

Tai-Chi in the Park (Outdoor)

Field of Dreams

3053 Fell Road, West Melbourne

- Tai-Chi is a ZERO impact exercise and requires no muscles.
- Tai-Chi is great for your Balance
- Tai-Chi is relaxing, fun and challenging
- Tai-Chi builds Chi-Energy for self healing
- Tai-Chi is the best natural way to heal knees, ankles, hips and back joints pain
- Tai-Chi is an effective way to treat Arthritis
- Tai-Chi is a great alternative method for internal organs problems like diabetes etc.
- Tai-Chi builds internal strength for self-defense great for women or people do not have muscle strength



Every Saturday

9:30 am to 11:30 am

Two hours class \$15

City Of W. Melbourne

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