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LEARN T'AI CHI CHIH AT THE YMCA

(Plainfield, IL) The C.W. Avery Family YMCA offers a new class called T'ai Chi Chih. T'ai Chi Chih is a set of movements completely focused on the development of intrinsic energy called Chi. It's easy to learn and is for both men and women. T'ai Chi Chih consists of 19 stand-alone movements and one pose.

T'ai Chi Chih does not require a particular level of physical fitness or coordination. The very old and very young alike can learn it. (For those with physical limitations, movements may be done seated with some modification). There is no special clothing or equipment required. T'ai Chi Chih has many benefits but is certainly not limited to: circulating and balancing the internal energy (Chi), which in turn betters our health and well-being, increased physical energy, improved balance, flexibility and stamina, longevity and better quality of life and expanded creativity and awareness.

Beginning September 8th Advanced T'ai Chi Chih will be offered on Monday's from 10:45-11:40am, Beginner T'ai Chi Chih will be offered on Wednesday's from 8-9am and Wednesday's from 8-8:55pm. All classes are taught by Gayle Osterberg an accredited T'ai Chi Chih instructor.

The C.W. Avery YMCA will be offering a free demonstration of the Beginner T'ai Chi Chih class on Wednesday, September 2nd from 8:00-8:55pm. Since space is limited, to participate in this free demonstration class or for more information on this or any other YMCA programming contact Lisa Behounek at 815-267-8600 or email her at Lbehounek@jolietyymca.org.