



TAI CHI & QIGONG

TUESDAYS 6:30-7:30 AM

The Monastery
760 William Howard Taft
Cincinnati, Ohio, 45206
6:30-7:30 am

Warm up each week with a slow, powerful, gentle, exercise set. After that we'll learn the Secret Yang Heaven Form step by step. Led by Brian Shircliff of Vitality Cincinnati. Text Brian at 513.300.5174.
www.vitalitycincinnati.org