

TAI CHI

According to the Tai Chi tradition the universe and human beings are made up of five basic elements (metal, water, fire, wood, and earth). These five elements flow in an interrelated manner throughout all the organs of the body. A state of good health is achieved when the interactions between these elements flow together in a smooth and balanced manner. The slow, rhythmic, and meditative live body movements of Tai Chi are designed to align the basic elements of the body and enhance relaxation, inner calm, and peace.



COME JOIN US!

TAI CHI CLASSES OFFERED AT ANDAHWOD WELLNESS LODGE
Classes on Thursdays in April & May! Classes start at 1pm - 2pm

Free for SCIT Elders!

Class fee is \$6.00 per person

No experience necessary.

For more information please call Sheligh at 775-4307.



Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

7970 E. Broadway
Mount Pleasant, MI 48858
989-775-4000
www.sagichip.org