

# Tai Chi

## Class for Beginners

(ages 17 and up)



**Every Wednesday from 6 to 7 p.m.**

at the

**West Hanover Recreation Center** (Fire Company Bldg.)

628 Walnut Avenue Harrisburg, PA 17112

Contact Dixie at the West Hanover Township Parks & Recreation Department

**(717) 540-6076**

or [dfesig@westhanover.com](mailto:dfesig@westhanover.com)

### **\$45 per month or \$12 per class**

This ongoing tai chi class is an excellent no-impact gentle movement exercise program that is proven to enhance balance, flexibility, coordination, strength and calmness of the mind. No experience is necessary. Enjoyed by millions the world over, it conditions the muscles, ligaments, tendons, joints, and much more. Enroll today to start your goal of better health and quality of life.

Your instructor, Nathan Spivey, graduated from the New England School of Acupuncture in 1977. He immediately became a student at the Chinese Wushu Research Institute under the teaching of Grandmaster Bow Sim Mark. There athan learned Taijiquan (Tai chi chuan), Qigong, and Taijijian. He gained urther training, knowledge, and certification while completing advance studies in Traditional Chinese Medicine at Zhejiang College in Hangzhou, hina. Nathan is a certified instructor under Grandmaster Mark. He has been teaching taijiquan and qigong in Central Pennsylvania for over 25 years.