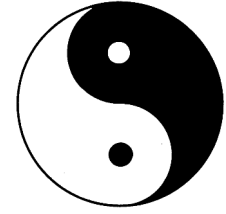


WLS Earth Day Event

Introduction to Tai Chi

Sunday, April 22, 2018

11:00 AM—3:00 PM



Tai Chi originated in China 1000+ years ago as the natural movements of animals were observed by the people of that time. People watched how each animal moved to hunt, play, and protect. Then they mimicked these movements. They called this *"animal frolics"*. Some people focused on the elegance of each animal and other people focused on the defensive nature of the movements. The practice of animal frolics helped people discover how to move their bodies more naturally and instinctually.

This introductory event with Tai Chi instructor, Eric Peters, will teach a variety of animal movements using Tai Chi principles that are both playful and centering.

Sessions begin: 11:00, 12:00, 1:00, 2:00

Come frolic with us and learn how to unlock the calming and revitalizing sensation of mimicking animal movements.

