



**The Stoneham Recreation Department offering
Six-week evening Tai Chi Classes
Ray Conte - Instructor**

Tai Chi is an ancient Chinese system of practices that cultivates health and vitality by combining gentle movements with the natural rhythms of the breath. Often called "meditation in motion", you will experience a sense of deep relaxation while moving gracefully and fostering a high level of awareness. Together we will be exploring the Yang Style Long Form as well as a system of breathing exercises called Qigong. No prior experience is necessary; those of all fitness levels are welcome.

Session 1: Tuesday's March 23, 30, April 6, 13, 27 and May 4 2010
Time: 6:30 PM to 7:30 PM (Yoga runs 5:30 - 6:30 p.m.)
Location: Stoneham Public Library, Marcy Room
Cost: \$75.00 per session (discount for Tai Chi & Yoga \$125)
Checks payable to: Town of Stoneham

It's easy to get started. Just complete the form below, attach your payment and mail to: Christine DelRossi, Recreation Coordinator, Town Hall, 35 Central Street, Stoneham, MA 02180. Phone inquiries: (781) 279-2630 or e-mail: cdelrossi@ci.stoneham.ma.us

Be sure to wear shoes and clothing which are comfortable for movement.

Please register early! Class size will be limited to 20 participants; **a minimum of 5 participants is required to run this class.** Please register in advance. Drop-ins are welcome for \$15 per class.

Please register me for the Tai Chi Class (and Yoga). Attached is my payment of \$_____, payable to the Town of Stoneham. I agree to hold harmless the Town of Stoneham, Stoneham Recreation, its employees or agents from any loss or accident resulting from such participation.

Name (print): _____ Signature: _____

Address: _____ Phone Number: _____

Cell Phone: _____ e-mail address: _____

Return to: Christine DelRossi, Recreation Coordinator, Town Hall 35 Central St. Stoneham. MA 02180