

MARCH GUIDE

Hello, my Tai Chi Friends

I hope you're keeping well, and loosening up with Spring energy. Here's a guide to our activities for March. There are in-person weekly Tai Chi and Qigong classes for all levels, some also available online.

Look for weekly schedules, Zoom links and more in the separate weekly emails, as well. *Come and enjoy the flow of tai chi and qigong movement.* If you know friends or family who might also enjoy some enriching group time and movements, please feel free to share this email!

Highlights

Special Event, Coventry

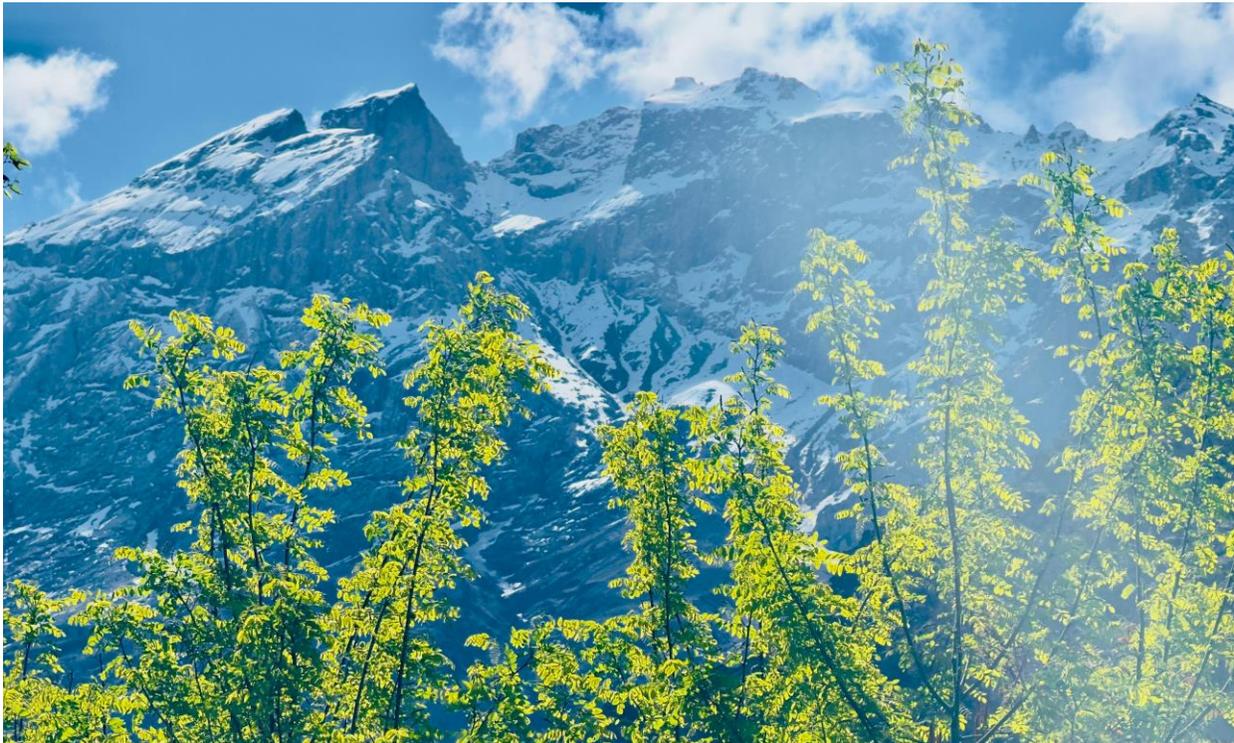
Saturday March 14th, 6:00-8:00pm - an evening of Chinese Astrology and Creative Art. In this workshop you'll get to pull up your chart in the *Ba Zi* astrology system, learn the basics of *Ba Zi* & discover the unique features in your own chart, and create a picture of your chart pattern with hands-on art materials & techniques.

In person at the historic Brigham Tavern, 12 Boston Tpk (Rt 44), Coventry
Please pre-register, space is limited! www.amy-studio13.com/book-online.
Questions? contact Joe at 959-444-3979, or Amy at 860-916-8612.

New Class Open House, Andover

Tuesday March 31st, 5:45-6:45pm - Welcome to Tai Chi & Qigong. In each class we'll enjoy simple but powerful mind-body health practices from the Tai Chi and Qigong tradition. For beginners and all levels.

In person at Andover Community & Senior Center, 25 School Rd. Andover CT (between Town Hall and School)
Questions? call or text Joe at (959) 444-3979



Tariq Iqbal – Khyber-Pakhtunkhwa, Pakistan

You are all invited to join each class

Find a guide to the monthly schedule of class dates and payments at <https://www.ioeptaichi.com/>.
Please feel welcome and comfortable attending any class you're interested in.

As always we'd love to have you, and look forward to being with you!

yours,

Joe Pandolfo

joeLpan@sbcglobal.net

(959) 444-3979



When Do We Meet?

How Do I Pay?

Tuesday

9:30-10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies funded by the CDC to improve balance and reduce falls.

In-person at Ashford's Knowlton Hall, 25 Pompey Hollow Rd, Ashford CT - (860) 487-5122

◆ **cost:** \$5 per session, pay in class ◆

4:00-5:00pm - Meditation in Motion. Tranquil Tai Chi in the classic *Yang* style, and simple *Dao Yin* exercises for seasonal health. Balance and tune your energy during the week, and in these changing times!

In person downtown Willimantic, 59 Church Street (on the block between Main St. and the Willi Food CoOp)

and **Livestream on Zoom** - see weekly 'Tai Chi Home' emails for access information - *call Joe* (959)444-3979

◆ **cost:** drop-in \$15 per session, monthly \$12 per session - **pay:** securely online at www.venmo.com/joeptaichi or www.paypal.me/joeptaichi, or in class ◆

Open House event: Tuesday March 31st, 5:45-6:45pm - Welcome to Tai Chi & Qigong. In this new class we'll enjoy simple but powerful mind-body health practices from the Tai Chi and Qigong tradition. For beginners and all levels.

In person at Andover Community & Senior Center, 25 School Rd. Andover CT. *Questions?* call or text Joe at (959) 444-3979

◆ **free of charge** for this first Open House session ◆

Wednesday

9:30-10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies funded by the CDC to improve balance and reduce falls.

In-person at Coventry Senior Center, Patriots Park, 172 Lake St. 06238 - (860) 742-3525

◆ **cost:** \$5 per session, pay in class ◆

Thursday

5:00-6:00pm - Welcome to Tai Chi. Learn & enjoy the basics of Yang-style Tai Chi and the ancient exercises at its origin, for tranquility, health & wholeness.

In-person at Lebanon Library, 580 Exeter Rd, Lebanon CT (off the Green) - (860) 642-7763

◆ **free of charge** for Library visitors ◆

Note: Our 3:30-4:30pm Lebanon Senior Center Yang-style Tai Chi class will not meet in March

Friday

9:30 - 10:30am - Tai Chi for Better Balance. A modern selection of traditional movements, shown in studies to improve balance and reduce falls!

In-person at Ashford's Knowlton Hall, 25 Pompey Hollow Rd, Ashford CT - (860) 487-5122

◆ **cost:** \$5 per session, pay in class ◆

Note: Our Saturday morning Qigong class at Storrs will not meet in March

Saturday

8:30 - 9:30am - Body-Mind-Spirit Tuning, Qigong & Tai Chi. Learn & enjoy traditional exercises to clear away the week's stress and generate fresh morning energy.

In-person at Storrs Friends (Quaker) Meetinghouse, 57 Hunting Lodge Rd Storrs CT (just outside the UConn campus, at the corner of North Eagleville Rd and Hunting Lodge Rd) - *call Joe* (959)444-3979

◆ **cost:** drop-in \$15 per session, monthly \$12 per session - **pay:** securely online at www.venmo.com/joeptaichi or www.paypal.me/joeptaichi, or in class ◆

Special event: Saturday March 14th: 6:00-8:00pm – an Evening of Chinese Astrology & Creative Art. In this workshop you'll get to pull up your chart in the *Ba Zi* astrology system, learn the basics of *Ba Zi* & discover the unique features in your own chart, and create a picture of your chart pattern with hands-on art materials & techniques. Hosted by Amy Ordenez of Studio 13 & Joe Pandolfo of Joe P Tai & Qigong.

In person at the historic Brigham Tavern, 12 Boston Tpk (Rt 44), Coventry. *Questions?* contact Amy at 860-916-8612, or Joe at 959-444-3979.

◆ **cost:** \$35 per person. **Please pre-register, space is limited!** www.amy-studio13.com/book-online ◆