

Highlights

Tuesday afternoon Tai Chi, downtown Willimantic

Tuesdays: 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 in these changing times!

In person at 59 Church Street, Willimantic CT (on the block between Main St. and the Willi Food CoOp) - *Questions?* call Joe at (959) 444-3979. and **Livestream on Zoom** - see weekly 'Tai Chi Home' emails for access information - *call Joe* (959)444-3979

Special Event - registration open

an evening of Chinese Astrology and Creative Art *(rescheduled)*

Saturday March 14th: 6:00-8:00pm - The Patterns Within You 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 Ordonez of Studio 13 & Joe Pandolfo of Joe P Tai Chi & Qigong.

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.

When Do We Meet?

Week of March 10th-13th

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
◆

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

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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

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Note: Our Saturday morning Storrs Qigong class 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... with some fine Chinese tea to finish.

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 ◆

You are all invited to join each class

Find a guide to the monthly schedule of class dates and payments at <https://www.joeptaichi.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



Joining the Live Stream Class by Zoom

Tai Chi Home Zoom access for the week of Mar 10th

Join URL: <https://us02web.zoom.us/j/84794204020?pwd=amRLd2FxdkU2L2VqRlR1WUdadmpSZz09>

Meeting ID: 847 9420 4020

Passcode: 448-710

Tuesday – 4:00-5:00pm – Meditation in Motion

Note: *Our Thursday 3:30-4:30pm class will not meet in March*



Priyesh Kumar - Allahabad, India