

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

WORLD TAI CHI DAY!

Saturday 9:45am-3:00pm - 28th Annual CT World Tai Chi & Qigong Day. A unique local celebration of this annual worldwide event. Arrive early for welcoming Dragon and Lion dances, participate in the 10:00am 'Worldwide Wave' of healing exercise, and throughout the day enjoy over 20 free workshops and lunchtime demonstrations with terrific teachers from around the state and region. See the attached flyer for directions. Bring comfortable layers, lunch or snack, water bottle and a friend!

In person at Wickham Park, 1329 West Middle Tpk, Manchester CT **SEE THE PROGRAM AND MORE AT** <https://ctworldtaichi.org/file-share/>

When Do We Meet?

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/joepataichi or www.paypal.me/joepataichi , 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 ◆

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 ◆

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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Saturday

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You are all invited to join each class

Find a guide to the monthly schedule of class dates and payments at <https://www.joepataichi.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 Apr 21st

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 April*



Jonny Gios – Kendal, United Kingdom