

Brookside Tai Chi & Sound Bath



Sunday August 23rd, 6:30-8:00pm
with Amy Ordonez & Joe Pandolfo

at the historic Brigham Tavern
12 Boston Tpke (Rt 44), Coventry

Join Joe and Amy by Brigham Tavern Brook in the lower field for an evening of gentle movement and sound.

Joe will expertly guide us through forms while Amy encourages your body and mind to explore and play through sound.

As twilight deepens you are invited to rest and regroup for the week as Amy weaves a sound tapestry to support deep relaxation.

available spots, Book now:

<https://www.amy-studio13.com/book-online> \$35 per person

Questions? Contact Amy at 860-916-8612, or Joe at 959-444-3979