

# Tai Chi

with Hilary Smith

Tai Chi, often called “moving meditation” is a discipline that integrates mind, body and spirit as you practice a series of slow-moving martial arts exercises, called “forms”. Tai Chi increases strength, and promotes calm and harmony by improving the flow of energy in the body. Classes are a combination of group and individual instruction. Perfecting and refining techniques is essential in the study of this art, and you will be working at your own pace to achieve your personal best.

Tuesdays &  
Thursdays  
6:30 - 7:45pm

## 2010 winter session:

(8 weeks)

Tuesdays and/or Thursdays

January 5 - February 25

## 2010 winter/spring session:

(8 weeks)

Tuesdays and/or Thursdays

March 9 - April 29

### cost:

8 classes = \$95

12 classes = \$130

16 classes = \$160

Class purchases are valid from the start date to the end date of each 8 week session.

### ABOUT THE TEACHER

Hilary Smith, R.N., B.A., has been studying tai chi since 1989, and teaching since 1994. Her teaching style empowers students to become competent tai chi practitioners who can reap the benefits of an independent tai chi practice. She also emphasizes proper body alignment and precision in order to maximize those benefits.

Hilary is a third degree black belt, certified fitness trainer, certified senior fitness trainer, and certified massage therapist, as well as a registered nurse. She has taught in many different types of community-based and health-care settings.



Hilary Smith

## FREE INTRO CLASSES

(pre-requisite to registration)

Thurs.	Dec 17th:	7:45-8:45pm
Sun.	Jan 3rd:	5:00-6:00pm
Tues.	Jan 5th:	5:30-6:30pm
Tues.	Feb. 23:	7:45 - 8:45pm
Thurs.	Feb. 25:	7:45 - 8:45pm

call to register  
610-867-YOGA  
(9642)



The Yoga Loft  
521 E 4th St., 3rd Fl.  
Bethlehem, PA 18015  
610-867-9642