



Dragon Rising Wellness

Laoshi Cynthia Hoag

Certified Tai Chi & QiGong Instructor

27 years experience

Offering Workshops and Classes in Tai Chi and QiGong

Want to learn Tai Chi? Try the 24 form !
It's easy to learn - no experience necessary!

Tai Chi helps to maintain your energy systems, improve your balance, stamina and reduce tension and anxiety. Tai Chi, practiced as regular exercise, can help you to stay grounded, improve your balance, and lift your spirits.

The 24 movement Tai Chi form will be taught along with QiGong exercises to help cultivate Qi energy, and improving one's health. Practice of both Tai Chi and QiGong, together creates a relaxed meditative feeling.

"Tai Chi settles the mind enough so that the heart can speak" -Cynthia

 ***For those who would like to experience Tai Chi (all are welcome)***

please join us for a Free "Try-It" Workshop on

Tuesday, September 21 at 10:30 to 11:30

New Class forming: Will Meet on Tuesdays, September 28 to November 30, 2021

10:30 to 11:30 - Held in the Canton Senior Center

\$50.00 for 10 classes; \$30.00 for 6 classes; \$20.00 for 4 classes, \$7.00 Drop-In

Please sign up with Senior Center Coordinator, Jess Tessman 860-693-5811

