

**TAI CHI AND QI GONG (pronounced chee-gong)  
with Denise Gillies**



This program is for people ages 14 and over. Live happy and be well. Reduce stress, activate self-healing properties, improve balance, flexibility and mental focus through this mind, body and spirit practice. Through this ancient form of Chinese exercise and meditation, you will learn simple fluid movements, deep breathing rhythms and visualization techniques to create inner energy and peace. This program is beneficial to all ages and levels of physical fitness. Participants are asked to wear comfortable clothing and bring a yoga mat to the program.

**JANUARY 28 THROUGH MARCH 25  
THURSDAYS, 7:00 - 8:00 P.M.**

**COST:**

**RESIDENTS:** \$32/person

**NON-RESIDENTS:** \$37/person

**LOCATION:** Southold Town Recreation Center

\*Class will not be held on February 18 & March 18\*