



Tai Chi classes

Kaumakani Neighborhood Center

Contact Sandra 335-5770

Tuesday & Thursday 9:30-10:30 am

Koloa Neighborhood Center

Contact Rose 346-7520

Mondays 5:30-6:30 pm

Thursdays 6:30-7:30 pm

movin' on 2 wellness, Lihue

Contact Rose 346-7520

Tuesday & Thursday 10:00-11:00 am

Kapa`a Neighborhood Center

Contact Deborah 651-4534

Monday 11:00 am - 12:00 pm

Friday 10:30-11:30 am

Kapahi

Contact Deborah 651-4534

Tuesday 4:00-5:00 pm

Classes at the Neighborhood Centers are **free**.

Classes at the movin' on 2 wellness studio are **\$5**.



Certified instructors will lead you through the **Tai Chi for Arthritis** program, an effective, evidence-based exercise proven to improve strength, balance & flexibility and to reduce pain and falls. No tai chi experience needed. Movements are easy to do.

Also called "**moving meditation**," tai chi is a great way to reduce and control stress in your daily life.

The Tai Chi for Health Institute and it's founder Dr. Paul Lam have developed this program utilizing Sun style tai chi forms. Instructors focus on teaching safely. Sun style forms are gentle and flowing movements through your comfortable range of motion.