



**JULY 9<sup>TH</sup> – AUGUST 6<sup>TH</sup>**

# **TAI CHI FOUNDATIONS**

***Meditative Movement  
Focused Flow***

- Thursdays
- 7:00 AM – 7:45 AM
- Founders Memorial Park
- \$60 Fee
- Instructor: Stephen Watson



**For more information or to register,  
visit [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com)**



***Train with discipline.  
Improve with every move.***

