



AUGUST 20TH – SEPTEMBER 17TH

TAI CHI FOUNDATIONS

***Meditative Movement
Focused Flow***

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



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

**For more information or to register,
visit www.oldsaybrookrec.com**

