

Join us at One Heart, One Soul
Spirituality Center for this program:

Tai Chi and Getting In the Driver's Seat

Tai chi is a martial art focused on meditation, mindfulness, and awareness of one's own body. Join Dennis Newport for a practical tai chi lesson that includes centering in the breath, mindfulness, and movement, as well as a brief history of the martial art, and some of the recent science behind how and why tai chi works.



Participants are encouraged to wear comfortable clothing and flat-soled shoes. Water will be provided.

WHEN: Thursday, October 27, 2022
9:30 a.m. to 11:00 a.m.

LOCATION:
One Heart, One Soul Spirituality Center
2041 W. State Route 113
Kankakee, IL 60901

Sponsored by:
Servants of the Holy Heart of Mary

Presenter:

Dennis Newport



Dennis Newport is functional in three major forms of tai chi. Certified by Allison Deputy of Moonwillow Tai Chi in Woodstock, IL, he is currently a candidate for certification in Peter Wayne's program at Tree of Life center in Boston. He has been teaching seniors tai chi for two years at various locations throughout Chicagoland, including Mercy Home in Chicago.

To register, please follow
this link:

REGISTRATION

Cost for this program: \$15

PAY ONLINE

For more information about our programming,
please contact Susan Amann:

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