

Tai Chi-8 FORM



Tai Chi is a Chinese martial art that uses slow, deliberate movements to benefit health and balance. The particular form we will be studying in this session is called the “8 Form” because it uses eight Tai Chi movements. This form benefits many health conditions. Our instructor is an International Gold Medalist and Hall of Fame Tai Chi Practitioner.

WINTER SESSION 2018



January 8th - March 26th
(12 weeks)

Monday Evenings : 6:15pm - 7:15pm

Location: The Cabin, 600 Lippincott Lane

Instructor: Morris Siegel, RN, MA, C.Hy

Fees: \$75/Resident \$80/Non-Resident

REGISTER NOW FOR TAI-CHI!

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

Email and Phone # are used for notification of class changes, cancellations, etc.

WINTER 2018 - Tai Chi - Class Code: 139

Please make check payable to:

Borough of Haddon Heights
625 Station Avenue
Haddon Heights, NJ 08035
Attn: Programs

QUESTIONS? 856-546-2585 or programcoordinator@haddonhts.com