

# 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.

## SUMMER SESSION 2018



July 9<sup>th</sup> - September 24<sup>th</sup>

(10 weeks - No Class 9/3 or 9/10)

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

*New!* Senior Discount(55+): \$60/Resident

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### HADDON HEIGHTS TAI-CHI

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

Total Enclosed: \_\_\_\_\_

SUMMER 2018 - Tai Chi - Class Code: 139

55+ Resident Senior Discount

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](mailto:programcoordinator@haddonhts.com)