



TAI CHI MONDAYS

An Art Embracing the Mind, Body and Spirit

for beginners



MONDAYS

Starting Jan 10, 2022



1:00-2:30 PM



BNH NORTH HOUSE

4908 Hastings Street



Join us for a fully guided meditative 1.5 hour of exercise exploring a gentle flow of progressive movements delivered by a certified instructor, Marina Ma, with over 35 years teaching experience.



Learn more or to register,

Email northinfo@burnabynh.ca or call 604-294-5444.

A proof of full vaccination is required to all In-Person BNH Non-Essential programs.