



TAI CHI MONDAYS

An Art Embracing the Mind, Body and Spirit.

for beginners



MONDAYS

Starting Feb 5, 2024



10:30AM-12:30PM



BNH BRENTWOOD HOUSE

2055 Rosser Ave

BNH Membership required (\$5/individual or \$10/family) + Community Program Fee: \$5

Join us for a fully guided meditative 2 hours of exercise exploring a gentle flow of progressive movements delivered by a certified instructor, Marina Ma, with over 35 years teaching experience.



To register,

Email annr@burnabynh.ca

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kʷikwəɬəm), Squamish (Skwxwú7mesh Uxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.