

# Private Tai Chi Lessons

These lessons will be individually tailored to meet your needs as a beginner or an advanced student or as someone longing to return to the Tai Chi you learned long ago.



## Tai Chi and Chi Kung in your home

There are times in our lives when going out to attend a Tai Chi class is simply too difficult.

Shirley will come to your home to teach you as a beginner, intermediate or advanced student.

## Workshops & Seminars for your group,