



# TAIJI

WITH

# KALILA KING

**FOR HEALTH, BALANCE & WELL-BEING**

With the slow, graceful Chinese exercise of Taiji (Tai Chi) and Qigong, along with deep breathing, Kalila King's classes help mature adults develop improved balance and posture, promote increased relaxation and mental alertness. These low-intensity movements help encourage better strength and increased circulation. These classes are safe and effective methods of exercise, relaxation and well-being for everyone.

**Enrolling students for 8 week classes that start on 6/28/05  
Tuesday Mornings at 8:00 am**

Kalila King ~ TAIJI Instructor

Sponsored by the Wellness Foundation, Inc.

<http://www.TheWellnessFoundation.com>

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