



St. Croix Healing Arts Center

[www.stcroixhealingartscenter.com](http://www.stcroixhealingartscenter.com)

## Tai Chi Easy

Jan. 8, 15, 22, 29

Feb. 7

7-8:30pm

Cost- \$60.00 Series

Learn to Activate the Healer Within

Through mindful movement

Breath Practice

9 Phase Integral Qigong

Morning and Evening Routines

Register:

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