

# Tai Chi with Arlette Twersky

Wednesdays at 2PM

**Note that there will be no Tai Chi on the following dates:**

**April 10, April 24**

**Yardley-Makefield Library**

**This class will run until the end of May.**

*(Limited capacity and available on a first-come, first-served basis)*



Arlette teaches an easy, accessible form of Tai Chi that can be done at any age or ability level. The class consists of slow, gentle movements based on classic Tai Chi principles. There is nothing to remember and nothing to get right. You simply do what you see and “go with the flow.”



**Friends of the Yardley-Makefield Library**

**1080 Edgewood Road, Yardley, PA 19067**

**Phone: (215) 493-9020**

**[www.YMFriends.org](http://www.YMFriends.org)**

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