

TAI CHI

with Arlette Twersky

WEDNESDAYS AT 2 P.M.
Yardley-Makefield Library

*(Seating is limited 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.”



BCFL Bucks County
Free Library

Sponsored by the
Friends of the Yardley-Makefield Library
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