

Tai Chi Chih® Series

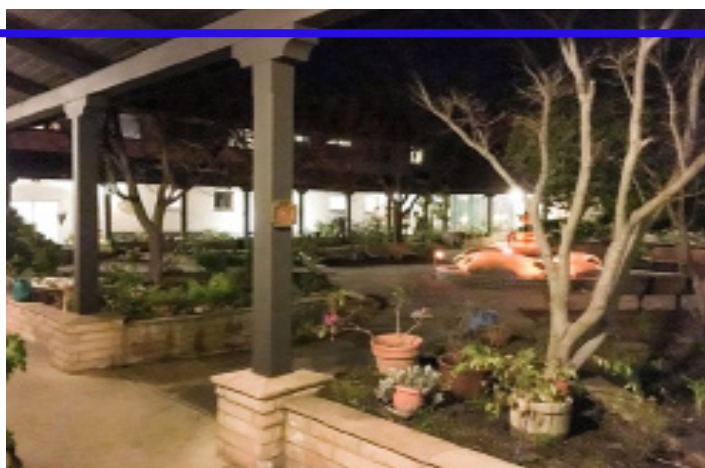
Presented by Sr. Celeste Crine, OSF

Thursday Evening:
July 18 to August 29, 2019

Enjoy movement that helps you:

Calm your mind and spirit
Focus and concentrate
Improve your overall health

Program is from
7:30 PM TO 8:30PM



Have you tried other Tai Chi forms and became frustrated? You will be surprised! You'll feel the difference and love it the very first session.

No experience needed. If you have leg problems, this can be done in a chair.

Free Will Offering

Become rooted like a tree and flowing like water!

PRESENTER:



Sr. Celeste Crine, OSF, an accredited Tai Chi Chih® teacher, spiritual director, facilitator of retreats, workshops.

Everyone is welcome to join us here
at San Damiano Retreat
Thursday Evenings:
July 18, July 25, August 1, August 8,
August 22, August 29.



SAN DAMIANO RETREAT

DANVILLE • CALIFORNIA

A FRANCISCAN PRESENCE IN
NORTHERN CALIFORNIA

Program is from 7:30 PM to 8:30 PM.
No Charge and no need to register, just come. For more information call at 925-837-9141.

710 Highland Drive, Danville, CA 94526