

# FAMILY TAI CHI

## STRENGTH • FLEXIBILITY • STILLNESS

WITH  
RICK ROCHA

Sundays, 10:30 - 11:30am  
Studio A



In ancient times, Tai Chi was a family activity, grandparents taught the grandchildren, and so on. This tradition continues with families around the world and it can become a bonding experience for your entire family as well.

Learn together, practice at home together, be healthy together, while having fun.

Some of the movements you will learn will be done by yourself and other movements will require a partner to practice with...your child or loved one.

Of course, singles of all ages are welcome and will greatly benefit from this practice as well.

This class is a relaxed atmosphere, dress casual, no yoga mat required, and have water to drink.

For more information contact Rick:

Taiji4u24@gmail.com

*Sign up on the MyJ app*

Rick Rocha began studying Qigong & Taijiquan (Tai Chi) in 2000.

His spiritual path started as a meditation practitioner in 1986. Rick has a background in Ayurveda massage, he practices Ashtanga Yoga and is Reiki II certified.

Rick is also a magician and student of magic over 40 years.

Please wear comfortable clothing and shoes or sneakers. No flip flops.

Worcester



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