Experience more abundant health, harmony and balance! T'ai Chi Chih’s gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind and spirit. T’ai Chi can be performed as a body movement meditation, offering a greater sense of clarity, groundedness and interior peace. The twenty movements, done in repetitions of nine, can be performed with ease by anyone, regardless of age or physical condition.

Instructor:  Maureen Conroy, RSM, D.Min.
Co-director of the Upper Room, Spiritual Director, Practitioner of Holistic Healing Modalities, and Certified Tai Chi Chih Instructor

Dates:    Saturday, June 28, 2014 (9:30am-1:00pm) &
           Tuesday, July 1, 2014 (6:30pm-9:30pm)

Place:    Upper Room Spiritual Center
           3455 W. Bangs Avenue, Building 2
           Neptune, NJ 07753   (732-922-0550)
           (Behind Holy Innocents Church)

Fee:      $ 65~$75

Continental breakfast and beverages are provided

Registration with a $20 deposit required by June 24th

Body Movement Meditation: T'ai Chi Chih    Sat., June 28 and Tues., July 1, 2014

Name: ___________________________________________ Amt. Encl:__________________
Address: ___________________________________________ Phone:__________________
City/State/Zip_______________________________________________________________
E-mail______________________________________________________________________

Please mail to the Upper Room Spiritual Center at the above address.