

Tai Chi Program

Open to the public

The practice of Nanlaoshu-“Art of Hard to Grow Old”

For health, vitality and longevity.

Highlighted benefits are improved posture, stress reduction, better respiration, better balance, improved circulation, increased flexibility and stamina.

Great for all ages!

Classes begin Sunday September 20, 2015
All classes are Sundays from 8:00am-9:00am

Please wear loose comfortable clothing.

18 courses for \$175.00

Location: The Eastern School of Acupuncture
440 Franklin St
Floor 5
Bloomfield, NJ 07003
www.esatm.edu

Registration Form:

Name

Address

City

State

Zip Code

Phone

Email Address

Please select payment:

Visa Master Card Amex

Check Money Order

Card Number

Exp. Date

Security Code

Personal Injury Waiver/Certification:

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in any classes taken through the Eastern School of Acupuncture. I fully understand that I may injure myself and I hereby release the assigned instructor and the Eastern School of Acupuncture from any liability due to any injury acquired in this class or in my own personal practice now or in the future.

Signature _____ Date _____