

TAI CHI

Considered “meditation in motion,” this graceful class emphasizes deep breathing and mental focus while utilizing slow speed styles to create balance, calmness and flexibility.

ORLAND TOWNSHIP ACTIVITY CENTER

14807 S. RAVINIA AVENUE
ORLAND PARK, IL 60462

Instructor: Diane Ryan

708-403-4222

www.orlandtownship.org

Class Dates

Mondays

9 a.m. to 10 a.m.

May 9

May 16

May 23

June 6

Registration open now!

Residents: \$15 for 4 weeks

Non-residents: \$20 for 4 weeks

