

# NEW TO OUR LIBRARY!!!!

## TAI CHI INTRO/DEMO IN PERSON

**Instructor: NOEMI RAIS**

**October 1, 2024, from 2 - 3 PM**

Tai chi is a Chinese practice that involves a series of slow, gentle movements and postures, along with controlled breathing and a meditative state of mind.



Please join us at the  
***Stirling Road Branch Library***

***3151 Stirling Road, Hollywood, 33312***

Classes are approximately one hour. If you have any questions [CLICK HERE](#) to email us.

Preregistration is suggested. [CLICK HERE](#) to register or ask the library staff for assistance. Please go to [stirlingfriends.org](http://stirlingfriends.org) for more information.