

# Tai Chi



Instructor **Brian Coffey** has been practicing Chinese Medicine and Tai Chi in Central New Jersey for more than a decade.

He is a graduate of the Nanjing University of Traditional Chinese Medicine and is a licensed Massage Therapist specializing in Clinical Qi Gong.



People throughout the world appreciate the practice of Tai Chi as a means of building strength and familiarity with the body's remarkable capacity for movement.

The slow, graceful movement of Tai Chi is a favored recreation for people of all ages and abilities.

It is an easy-to-learn, easy-to-do and safe recreation which builds awareness of the connection between body, mind and spirit.

What better place to practice this artful activity than on the beautiful grounds of The Frelinghuysen Arboretum.



**DATES:** April/May Session meets Mondays 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 6/7, 6/14

**TIME:** 9:30am-10:30am

**COST:** January Session: \$70. Friends members, \$80. non-members

**LOCATION:** Haggerty Education Center

The Frelinghuysen Arboretum, 53 East Hanover Avenue, Morristown, NJ 07962

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To register or for more information,  
please call 973/326-7603 or go to  
[www.arboretumfriends.org](http://www.arboretumfriends.org)  
for a printable registration form.