



**Baldwin Civic Association**

**Presents**

## **Tai Chi in the Garden**

*(Presented by Instructors from Teasley's Traditional School of Tai Chi)*



**Saturday, June 27, 9:00 a.m.**

**Baldwin Community Garden** (located behind the Baldwin Historical Society)  
**1980 Grand Avenue, Baldwin, NY**

Start your weekend with an hour of relaxing, gentle and invigorating ancient Chinese exercise!

Qi Gong (deep breathing) and Tai Chi Chuan have been proven to improve flexibility, reduce stress, lower blood pressure and increase stamina.

Join us on **Saturday, June 27** at 9:00 a.m. for a free one hour Tai Chi and Qi Gong session at the Baldwin Civic Association's new community garden.

All levels are welcome, no prior experience necessary! Please wear loose, comfortable clothing and sneakers.

Contact Rita Cavanagh at [beautification@baldwincivic.org](mailto:beautification@baldwincivic.org) for more information.