

# Tai Chi



The state of differentiation is a phase called “tai chi.” It literally means “great polarity.” The opposite poles on of this polarity are referred to as yin and yang. Tai Chi is one of the best known martial arts of the Internal systems from ancient China. Based on Qigong and martial art techniques from thousands of years ago, Chen Wangting developed the Chen Style Tai Chi around 1670. It is characterized by contrasting and complimentary movements-slow and soft versus fast and hard

**Day:** Mondays  
**Time:** 9:00am  
**Location:** Clinton Methodist Church, Clinton

**Day::** Wednesdays  
**Time:** 9:00am  
**Location:** Senior Center, Flemington

**Registration is required. No charge. No prior experience necessary! This is not a beginner class; however beginners are welcome to try it**

To register; please email your registration request: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.

**Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services  
- Senior Fitness Programs**