

Kai Chi Do

Kai Chi Do is a movement meditation based on the philosophy of the Art of Connection and integrates movement, music, breath work, and meditation.

It can help restore emotional balance and well-being, ease chronic pain, improve posture and quality of sleep, and reduce stress and fatigue.

These 1-hour in-person sessions are held on Tuesdays, Noon-1 p.m., June 11 - August 27.



or visit <https://bit.ly/nukcd> to register