



Group Class

# Tai Chi Fundamentals

Monday 6:00pm-7:00pm  
*Lutheran Hospital Campus*

The Tai Chi Fundamentals program (TCF)<sup>3</sup> offers a clear system for learning basic tai chi moves that are natural, efficient, and safe and have applications for therapy, function, and wellness. Excellent class for building strength, relieving stress, managing pain and enhancing mood.

Tai chi is an extremely effective exercise to improve health and wellbeing. You can start and continue to progress to higher level no matter your age or physical condition. More importantly, tai chi helps you to know and like yourself better. This will lead you to health and harmony within yourself and with others. It is so enjoyable that millions of people around the world are practicing it.

Tai chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives.

This class is ideal for beginners, seniors or those dealing with chronic pain. All classes are ongoing join any time!

**Kachmann Mind Body Institute**  
1301 Lafayette St., Ft. Wayne IN 46802  
info@kachmannmindbody.com  
**260-420-YOGA (9642)**

### Group Session Rates

Single Class Drop In	\$12
Student/Senior	\$8
(no guarantee of space availability)	
5 Class Pack	\$40
10 Class Pack	\$75
20 Class Pack	\$130

### Yearly Unlimited Group Session

Annual Membership / 12 month commitment	\$49/mo.
One time enrollment fee	+\$49
Annual Membership Unlimited Classes	\$495
Family Membership Unlimited Classes (2 adults 3 children member limit)	\$695

\*Seniors 60+ receive \$15 off all regular priced packages

To view all session rates and policies  
visit [www.KachmannMindBody.com](http://www.KachmannMindBody.com)

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