



Tai-Chi and 15 Minutes to Health

- JOIN THIS SUMMER SESSION OF EIGHT TAI-CHI CLASSES -

Tuesday 4:45pm to 5:45pm

At the Breslau Recreation Centre, 200 Woolwich St South, Breslau

Learn short routines to increase your vitality
and reduce your stress

*Instruction by Patricia Béretta, PhD
Acupuncturist and Shiatsu Therapist*

A Class Suitable for All

- Having a hard time to relax?
- Too busy to exercise?
- Intrigued by the grace and power of Tai-Chi?

This class might well be for you!



Learn a series of 5 to 15 minutes exercises that loosen tension, calm the mind, and increase energy

When	Fees	Registration	More Information
June 1 st to July 20 th , 2010 Tuesday 4:45pm to 5:45pm	\$60 only for 8 classes (\$15 per walk-in class)	Call Kim Snyder: 519-213-0109	www.breslau.org www.LeShiatsu.com

About the Instructor

The pace of corporate life in the biomedical sector made Patricia Béretta develop a regular routine for stamina and stress relief. With a short Tai Chi sequence she found that she could recharge and relax in only 10-15 minutes daily. Patricia then trained as a Shiatsu Therapist and Acupuncturist. She studied exercises and stretches that open the main energy pathways of the body, and began to meditate regularly.

This original curriculum was designed using her athletic and Tai Chi experiences. Patricia also leverages her clinical skills and brings together a series of gentle exercises that significantly help with stamina, body tension, and stress.