

**FIRST CLASS FREE!**

# Tai Chi Classes

## 9-week Beginner (Lv. 1) Program

*Instructor: Keith Garofalo; Owner of **Red Dragon Acupuncture** of Racine*

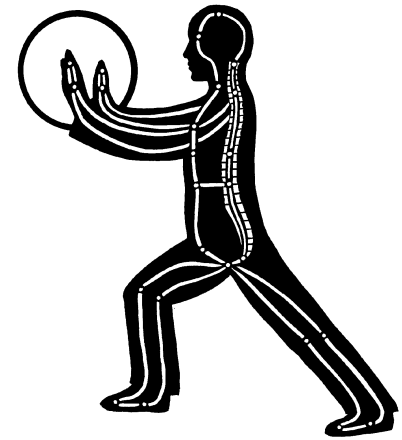
*Sign up for the class at [www.spiralspaceyogagallery.com](http://www.spiralspaceyogagallery.com)*

Visit our website!  
[reddragonacupuncture.com](http://reddragonacupuncture.com)



### What You Will Learn:

Qi Gong, Tai Chi,  
meditation, energy breath  
work & daily mindfulness



### Rates:

\$15 per class or \$88 for all  
8 weeks!

### Dates:

Sundays @ 9:30am

10/7 (free intro class), 10/14, 10/28,  
11/4, 11/11, 11/18, 12/2, 12/9, 12/16

### Location:

Spiral Space Yoga Gallery  
@ Dekoven Center

Questions? Contact Red Dragon Acupuncture at 262-822-4844 or  
[healthylivingspecialist@gmail.com](mailto:healthylivingspecialist@gmail.com)