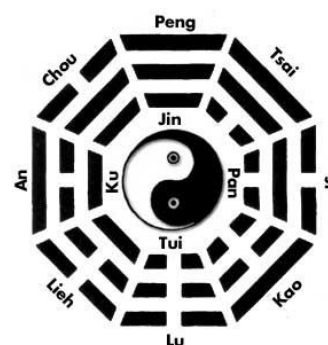


## *Re-Vitalize & Re-Energize with Taiji Quan*



### *Therapeutic movement exercise program*



A natural self guided form of moving meditation designed to enhance and promote, well being, balance and of mind body and spirit through self awareness, movement and relaxed breathing,  
This is a great way to recover your inner potential for vitality and reduce stress through natural exercise.

Contact: Dennis Pounall

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*"Change Nothing and Nothing will change"*

*Lifu Dennis Pounall*

