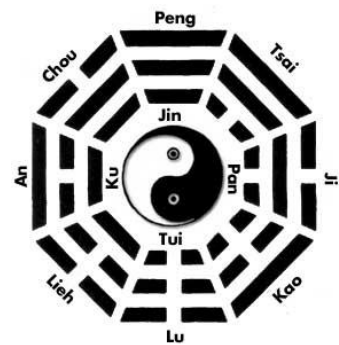
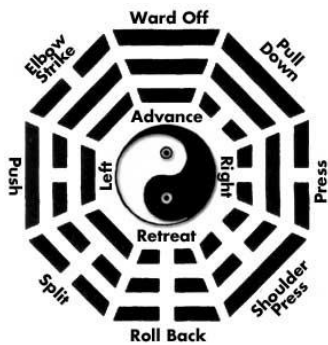


Re-Vitalize & Re-Energize with Taiji Quan



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.

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"Change Nothing and Nothing will change"

Lifu Dennis Pennell