



TAIJI

WITH

KALILA KING

FOR HEALTH, BALANCE & WELL-BEING

With the slow, graceful Chinese exercise of Taiji (Tai Chi) and Qigong, along with deep breathing, Kalila King's classes help mature adults develop improved balance and posture, promote increased relaxation and mental alertness. These low-intensity movements help encourage better strength and increased circulation. These classes are safe and effective methods of exercise, relaxation and well-being for everyone.

Tuesday Mornings from 8:00 - 9:00 am

At Paradise Concepts

New students welcomed since 6/28/05

Map to Location at TheHealthFair.com

4419 Floyd Road in Mableton, GA 30126

Next to the Silver Comet Trail

Kalila King ~ TAIJI Instructor

Sponsored by the Wellness Foundation, Inc.

TheWellnessFoundation.com

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