

Tai Chi for adults

Certified instructor Marcia Wyman teaches tai chi at **10 a.m. Tuesdays and 9 a.m. Saturdays at the Red Barn**. The sessions cover basic tai chi movements for balance, flexibility, strength, and mental concentration. Marcia teaches a modified Yang form that is easy and safe for everyone. Cost is \$30 for four classes; \$8 for a single session. Contact Marcia at nesainc@aol.com for more information.