



# The Village of Biscayne Park

Presents Yoga/Tai Chi Class

Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance. Tai Chi series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tuesdays

6:30pm-7:30pm

11400 NE 9th Ct.

Ed Burke Recreation Center.

305-893-3711

[Biscayneparkfl.gov](http://Biscayneparkfl.gov)

\$20 per Month

