



TAI CHI AND QIGONG MOVEMENTS FOR BALANCE AND WELLNESS

EMAIL

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WEB

www.seamlesslivingNC.com

SEAMLESS MOVEMENT CLASS SCHEDULE

TUESDAY

11:00AM UNITY MORAVIAN CHURCH,
8300 CONCORD CHURCH RD. LEWISVILLE

3:00PM FAIRVIEW MORAVIAN CHURCH,
6550 SILAS CREEK PKWY
WINSTON-SALEM

THURSDAY

10:00AM TRINITY PRESBYTERIAN
CHURCH, 1416 BOLTON ST, WINSTON-SALEM

CLASSES ARE DESIGNED FOR ALL FITNESS
LEVELS. COST \$5/PERSON

BETH BLAIR IS BOARD CERTIFIED IN
THERAPEUTIC MASSAGE AND BODYWORK.
TAI CHI AND QIGONG INSTRUCTOR FOR OVER
10 YEARS. CPR CERTIFIED.

QUESTIONS ABOUT SEAMLESS MOVEMENT?
CONTACT BETH@SEAMLESSLIVINGNC.COM