



**TAI CHI AND QIGONG  
MOVEMENTS FOR  
BALANCE AND  
WELLNESS**

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**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](mailto:BETH@SEAMLESSLIVINGNC.COM)