



HERMITAGE FARM
CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 272-2528
www.hermitagefarm.org



2026 Hermitage Farm will offer Tai Chi Chih!!
You may register for the 10-week sessions for \$150 or
a Drop-In session for \$20.
Call Hermitage Farm at 507-272-2528 to register.

When~5:30-6:30 PM

September 24

October 15, 22, 29

November 5, 12, 19

December 3, 10, 17

Instructor: **Virginia Woodruff**
Certified Teacher in Tai Chi Chih
storymatters@charter.net
www.taichichih.org

Tai Chi Chih is a series of 19 gentle movements and one pose, which are easy to learn and can even be done while seated. The purpose is to circulate and balance the energy or “Chi” within the body. As the internal energy circulates and comes into balance, health improves and there is an overall sense of well-being and joy in life.