

# Introduction to Tai Chi for Balance

6 classes Wednesdays 2 - 2:45 pm

September 7, 14, 21, 28

October 5, 12

It's All About Movement

## Feldenkrais Floor Lessons

Ongoing Wednesdays 3 - 4 pm

New and continuing students

Mats provided

All Classes at  
The  
Sebastopol Senior  
Center

Taught by

Julie Smith, PT  
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## LSVT BIG

A program for Parkinson's Disease

Private sessions. Contact Julie Smith, PT.