

TAI CHI SCOTTSDALE



Tai Chi is a Chinese martial art practiced for its health benefits. Though originally conceived as a martial art, this class focuses on gentle and controlled movements that center the mind, body, and spirit.

Scottsdale

8880 E. Desert Cove Ave., Scottsdale, AZ 85260

3pm-3:45pm

Every Thursday

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.