



CARE FOR A LITTLE CHI & MEAD?

with Jessica Lewis, Founder of
Sculpt YOUR LIFE®

and



Liquid Alchemy Beverages invites you to sample an exquisite *taste of CHI* right in their own backyard! T'ai Chi Chih is an EASY & fun moving mindfulness practice suitable for any age, physical condition, or agility level. Typical benefits include improved energy, balance, mental clarity, and blood pressure but T'ai Chi Chih can also be a valuable tool in the management of chronic pain or conditions including depression, arthritis, heart disease, and obesity. Cost for this unusual event includes a glass of mead or cider (after you'll all be COMPLETELY relaxed, of course!) *And of course in the spirit of T'ai Chi Chih our goal is always to keep you safe and relaxed during class...please observe our social distancing guidelines and wear PPE!*

DATE: Sunday, November 14th (raindate 11/21/21)

TIMES: 10:30 – 11:30AM: a taste of T'ai Chi Chih on the patio
11:30 – noon: some private time "in the LAB"

PLACE: Liquid Alchemy Beverages, 28 Brookside Drive in Wilmington

COST: \$20 (includes coupon for a glass of mead or cider)

RSVP: 302-593-5005 by 11/11/21 (max cap 50)

Classes will be led by Jessica Lewis, CPT, CNC: Accredited T'ai Chi Chih Instructor, Master Personal Trainer, and Certified Nutritional Counselor

To learn more about the transformative power of T'ai Chi Chih and all aspects of Jessica's Lifestyle Coaching private practice *Sculpt YOUR LIFE®*, click www.SculptUrLife.com or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#)

