Tai Chi: Tai Chi is an ancient system for maintaining well-being. Sifu Rich Mckay offers instruction in the popular Yang style short form. The classes will include an explanation of the martial aspects of the art, instruction in Chi Kung, and easy exercise that promotes feelings of energy and relaxation. Note: There’s no textbook requirement. You should dress in loose-fitting, comfortable clothing, and be capable of mild exertion and slow, rhythmic movements. Beginners are welcome. $90

Chi Kung: Chi Kung is a traditional Chinese exercise system that uses slow, rhythmic movement, deep breathing, and meditative visualization to help its practitioners relax. Chi Kung is not physically demanding, but students should be at least capable of slow movement, standing, and sitting on the floor. They should wear comfortable clothes. $40