



Wellfield Botanic Gardens - Elkhart

Beacon Health & Fitness presents Destination Fitness at the Wellfield Botanic Gardens in Elkhart. We're bringing fitness outside by providing a weekly Tai Chi class in the peaceful gradens.

Tai chi is an ancient Chinese tradition that involves a series of movements performed in a slow, focused manner accompanied by deep breathing. This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This class is appropriate for all levels.

Monday's at 5pm | June 13th – August 8th

Instructor: Swan Mishler

More information at beacon.health/destination



Wellfield Botanic Gardens
1011 N Main St,
Elkhart, IN 46514

Register: beacon.health/account
(Courses & Events > Select month >
Elkhart > Destination Fitness)

Questions? Email Jess:
JDubois@beaconhealthsystem.org

