



CIRCULATING HEALTH

PRIVATE & SMALL-GROUP SESSIONS

Tai Qi *(Tai Chi)*

for Autistic Adults

A gentle path to balance, calm, and confidence —
taught one breath at a time.

WHAT THE PRACTICE BUILDS

- **Balance & steadiness.** Stronger posture, coordination, and control.
- **Calm, focused attention.** Emotional ease through guided breath.
- **Confidence in the body.** Presence, flow, and self-assurance.
- **Ease in open spaces.** Comfort moving outdoors and in new settings.

PRIVATE **\$140** / session

GROUP **\$35** / person · min 6

RESERVE YOUR SESSION

(626) 720-4968

circulatinghealth@gmail.com

Held outdoors, weather permitting. Caregivers stay and observe unless the participant is fully independent. A short waiver is signed before the first session. Add \$25 for sessions more than 20 miles outside Monrovia.