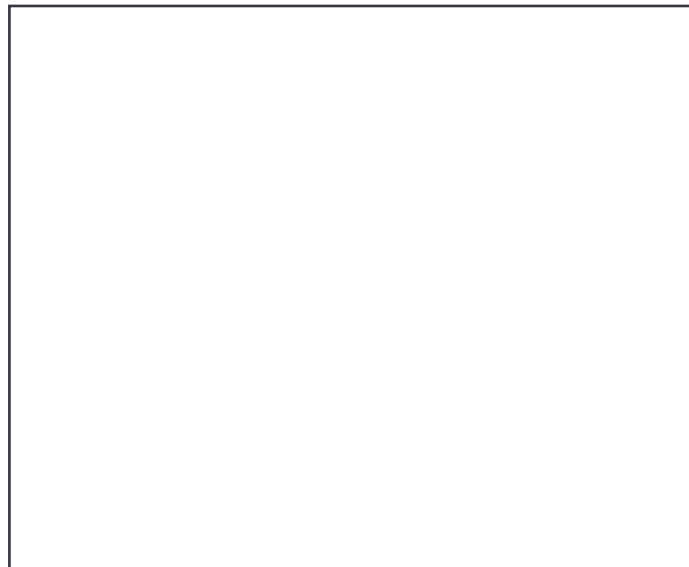
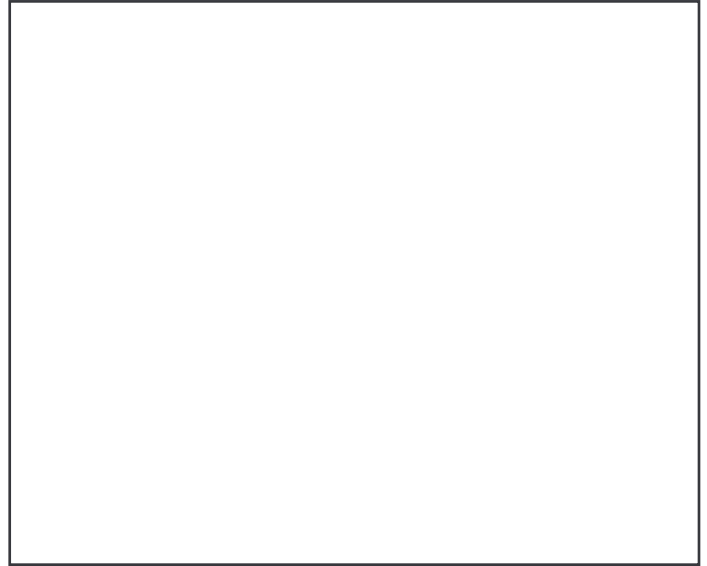
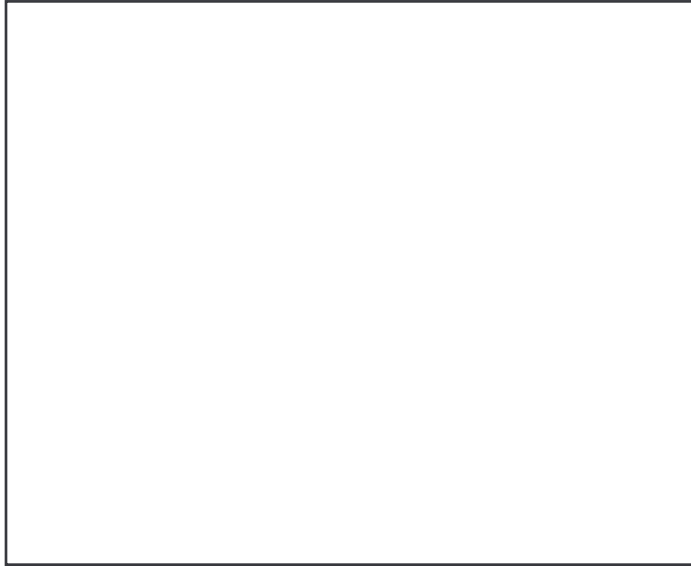


Martial ART

On this page you'll find a few examples of tai chi* poses. Drawing inspiration from these poses, think about what it means to be balanced and focused, either physically or mentally. Then, get creative and use the three boxes below to design three unique poses that embody what balance and focus mean to you. Once you've finished drawing your poses, practice them and then share them with a friend or family member!



***Tai chi**, known for its slow, intentional movements, is a Chinese martial art practiced for self-defense and health. In the context of this activity, the focus is health and mindfulness.

