

# Prime Distributing Company

Sponsor of T'AI CHI For Corporate and Small Groups

MOVING MEDITATION: T'ai Chi is a beautiful, rounded, flowing form of blended movements.

For over ten years, Carole Booth, Pres. of Prime Distributing, has taught T'ai Chi in the evenings through community classes offered in Allen, Texas. Several students are medical and psychological referrals, who have experienced healing and renewal from their practice of T'ai Chi.

On a limited basis, Carole has developed a simple on-site program for friends and associates in the workplace to help enhance the quality of their work environment.

For many, T'ai Chi brings about a feeling of peace and calm, with a sense of renewal.

T'ai Chi is known to ...

- Reduce stress, worry and anxiety
- Increase energy and vitality
- Promote better health, alert mind, and inner peace
- Enhances balance, coordination and grace

Many who practice T'ai Chi claim they feel better and sleep better.

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## On-site, One hour, T'ai Chi classes (Dallas Area only)

10 + students, \$10 per person/per session  
Number of sessions to be determined

Under 10 students, \$15 per person/per session

Minimum: \$75 or 5 students. Additional mileage fee for locations greater than 25 miles from Prime Distributing.

Fees payable in advance, non-returnable, and non-refundable.

No special clothing is needed other than soft, flat shoes.

For more information & class description, please contact:

Carole Booth  
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972-562-0170 or 800-442-4008

Carole Booth, Pres., Prime Distributing Co., Allen, Texas  
Instructor of T'ai Chi, City of Allen Recreation Center Since 2001.  
Charter Member Lu Tai Chi Players  
[www.taichiplayers.com](http://www.taichiplayers.com)

