



Cambridge Senior Center (806 Mass. Ave.)
Mindfulness Classes



Tai Chi Paradigm

Mondays

March 2 and 9, 2026

1:30 - 2:30 p.m.

In-person

Join Tai Chi Paradigm, a six-week program with Sifu Mynor Diaz

The “Tai Chi Paradigm” program is a training system that incorporates a distinct set of exercises and concepts of spatial patterns. The “Tai Chi Paradigm” program was developed to maintain, improve, and prevent age-related degeneration of neuro-muscular motor skills. The practice of Tai Chi has evolved into a self-healing art, particularly after research placed it, as an evidence-based practice intervention in PTSD, Neurological Conditions, Osteoarthritis, and Hypertension while also beneficial in fall prevention and improving cognitive performance.

Registration is FULL – Waitlist is Full

Cost is \$18.00

Priority registration will be given to participants who were on the waitlist for the previous session

To register, call the Council on Aging at 617-349-6220.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/councilonaging • 617-349-6220