

MOVE IT MONDAY

MONDAY , 6.01.2020

Grab a Wall!



Wisdom with Riley

Life is not always a easy one.

Tai Chi mind sets develops a die hard, never give up, keeping going mind set.

Believe and trust that even in the last second a solution and help arrives.

Nature is your inner spirit to force the Journey we call life.

*Please send all comments and questions to Bill Hall,
bhall@pro-fitclubs.com*

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