

Seeking harmony



E-T photos/MIDIC CASTELLETTI

Pingjian Zhao, of Bethlehem, instructs the over-55 set in Ti Chi Chuan, a Chinese exercise that strives for harmony of the

mind, body and spirit. The class meets each Wednesday through July 19 at Northampton Community College.



Julia Ponist, left, 71, of Nazareth, Charles Smith, 77, of Bethlehem, and Anna Jankowski, 82, follow Zhao's lead in Wednesday's class in the College Center.



Charles Smith gets into the fluid motion as Zhao guides the class.