

# METRO REGION

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*'There has been a tremendous shift from aerobics and impact-type exercise to yoga, meditation, spirituality and self-exploration.'*

MELISSA RUDIN, *Brookline Adult and Community Education*



Tai-Chun Pan (right) leads a summertime Tai Chi class in a field in Arlington.

GLOBE STAFF PHOTO / MARK WILSON



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Tai-Chun Pan leads a Tai Chi class in Arlington. As baby boomers get older, they are seeking more contemplative routes to health and happiness, according to area adult-education administrators.