

# **TAI CHI**

**BEGINS**

**TUESDAY'S 6 - 7:30 PM**

**JANUARY 10TH - FEBRUARY 28, 2012**

**Join other Tai Chi players in the practice of Yang style Tai Chi Chuan. Beginners and players of all levels welcome. Tai Chi is a meditative exercise program as well as being a Chinese martial art.**

**Instructor Sean Maguire will work with you to learn this effective system of movement and adult play.**

**Class format begins with a Qui-Gong set to warm up the internal body and gently stretch the external; the group then goes into form practice, and finishes with individual or small group practice of either the Tai Chi set or other Tai Chi forms. Players have the opportunity to learn Grand Master Hsu Fun Yeun's Yang Tai Chi Set and Qui-Gong set along with:**

**Tree of Life Qui-Gong  
Harmonic Qu-Gong  
Eight Brocade Qui-Gong  
Yang Sword Form  
Yang Saber Form  
Double Fan Form  
Tan Tui**



**Take this opportunity to work on reconnecting you with your mind and your body**

**COST:**

**Member: \$38**

**Non. Member \$48**