

Curious about...

TAI CHI



6 WEEKS

@ THE RECORD SHOP (360 VAN BRUNT ST)

Tuesdays (Jan 20, 27, Feb 3, 10, 17, 24) 2-3 pm

- At each of the one-hour classes, we will perform a set of Qigong and warm up exercises, learn key movements in the Yang Style Form 37 (Short Form) and string them together in the first third of the form.
- Space is limited, so please let Alan know if you will be joining:
aemukamal@gmail.com
- It's not required to attend all classes (come to one or all)
- No fee but donations for the Record Shop accepted