

# QIGONG / TAI CHI



## SHAOLIN DAMO YI JIN JING

- **Gentle Movement:** Low-impact exercises safe for all ages and fitness levels.
- **Mental Clarity:** A "moving meditation" to reduce stress and anxiety.
- **Improved Balance:** Enhance coordination and physical stability.
- **Natural Energy:** Boost your vitality through breathwork and Qi cultivation.

## CHEN STYLE TAI CHI FUNDAMENTALS

- Chen Family Style warm ups
- Silk Reeling (Chan Si Jin)
- Chen Zhenglei short form intro

6 WEEK INTRO WORKSHOP

SUNDAYS @11:30 AM (75 MIN)

