

Therapeutic Tai Chi for Health



Sundays, March 22 - May 24 | 12:00 - 1:30pm

"When you practice external movement take time to practice gong and optimize self cultivation."

In this 9-week series with Master Teacher, Shawn Tucker, you will learn the origin, purpose and principles of traditional Chinese Qi Gong and Tai Chi to foster health and wellbeing. Each week we will focus on specific principles while practicing:

- Mindfulness Training

- Mobility and Posture Improvement (silk reeling exercises)

- Standing and Sitting Qi Gong

- 8 movement Tai Chi Form that you will be able to incorporate into daily life

Tai Chi (Taiji) is a Taoist philosophy and movement art form. The term Qi means vital life energy force and Gong means skill/merit/power and the work which produces them.

Open to beginner and intermediate students.

Note: There will be NO class April 12, Easter Sunday

Facilitator: Shawn Tucker

Master Teacher Hun Yuan Taiji, PT, Owner, Brentwood Center of Health

Cost: \$180 for 9-weeks

Location: Upstairs Studio

