



New Weekly Class: Open Level Tai Chi

Starting Friday Feb 28th, 1:30 - 2:30 pm

Open your heart to the many benefits of traditional Tai Chi. Foster health and well being via simple, gentle movements shown to reduce stress, enhance the immune system, decrease joint pain, and improve balance and endurance. Nurture mindful awareness and take your self-care practices to the next level.

Facilitator: Shawn Tucker

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

Shawn Tucker has been teaching Therapeutic Tai Chi for Health since 2007. In 2012 he competed in the 3rd international Hun Yuan Taiji competition in Beijing where he was awarded a gold medal in Advanced 24 Form. In 2018 he was awarded Master Teacher status in Hun Yuan Taiji by St Louis Internal Arts. Shawn has written numerous articles and participated in clinical research to better understand the medical and health benefits of Traditional Asian Mind/Body practices. As a holistic, integrative healthcare provider, Shawn incorporates Taoist healing arts into his private practice at Brentwood Center of Health (bcoh.org).

Cost: \$17 drop-in, class cards,
or unlimited monthly

