

HUMBOLDT TAI CHI

11-WEEK SPRING TERM

APRIL 3 – JUNE 14

Join us for a wonderful journey into the meditative practice and gentle exercise of T'ai Chi. Learn various exercises to support every wonderful and challenging aspect of your life. Go to www.humboldttaichi.com to learn about these forms and the benefits of T'ai Chi.

Traditional WU Form

Tuesday Section 1: Beginning Wu 8:45 am–10:00 am
Advanced Wu Practice 5:30 pm–6:30 pm

Wednesday Section 2: Intermediate Wu 8:45-10:00 am
Section 2: Intermediate Wu 5:30–6:45 pm

Thursday Section 3: Advanced Wu 8:45 am–10:00 am

Tai Chi for Back Pain & Arthritis

(beneficial for EVERYONE)

Tuesday Section 1: Beginning 10:15 am – 11:15 am

Energy Healing & Qigong

Thursday 10:15 am – 11:15 am

Fees for the 11-week term:
\$100 for 1 class/week
\$160 for 2+ classes/week

Enroll as late as the 3rd week. Drop in fee \$10/class.

Benefits of Tai Chi

Increase circulation & chi/energy flow

Soothe stress & anxiety;
promote relaxation;
release pain & tension;
gently strengthen the body

Enhance vitality,
energy, mental clarity,
immune functions
and more

Improve posture,
balance, coordination &
body awareness

Improve neurological
functions & mind-body
connection

Integrate breath with
slow movement
meditation to balance
the energies, aligning
the mind, body & spirit

HUMBOLDT TAI CHI
Classes located at
The Pan Art's Studio
1049 Samoa Blvd
Arcata, Ca 95521

707-834-4372 (Candice)
707-601-0694 (Anna)

www.humboldttaichi.com

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