

# HUMBOLDT TAI CHI

## 8-WEEK SUMMER TERM

### JULY 10 – AUGUST 30

#### Beginning Tai Chi

(A follow along class with basic instruction)

Tuesday 10:00 – 11:00 am

#### Traditional Wu Form

Wednesday Section 2: Int Wu 9:00 – 10:15 am

Section 3: Int - Adv Wu (Practice) 5:30 – 6:45 pm

Thursday Section 3: Adv Wu (Practice) 9:00 – 10:00 am

#### Tai Chi for Back Pain & Arthritis

(Beneficial for EVERYONE) This class will be returning in Fall. See Beginning Tai Chi class above to practice and follow along.

#### Energy Healing & Qigong

Wednesday 7:00 – 8:00 pm

Thursday 10:15 – 11:15 am

#### Tai Chi 4 Kids

Ongoing classes beginning in June!

Visit the website for class times, fees and locations.

Visit [www.humboldttaichi.com](http://www.humboldttaichi.com) to learn more about the benefits of Tai Chi, our classes, outdoor practices and to follow other ongoing classes we offer.

#### 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 to balance the energies, aligning the mind, body & spirit

**Fees for the 8-week term:**  
**\$75 for 1 class/week**  
**\$120 for 2+ classes/week**

Drop in's welcome for \$10/class  
All Tai Chi for Kids classes are \$5/class

**HUMBOLDT TAI CHI**  
Most 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](http://www.humboldttaichi.com)

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