



TAI CHI for KIDS

Bayside Park Farm, Arcata

Tuesdays
4:00 - 4:45 pm

\$5 for kids ages 5-12

FREE for children of CSA Members

Kids will learn fun ways to engage with their breath and visualization by connecting with animals and nature to calm strong emotions and stress while enhancing focus, balance, coordination, confidence and more.

Studies show benefits for children with ADD, ADHD, Autism and other sensory diagnosis and help with managing strong emotions while improving social relationships and school performance. Bring layers, sun protection and water for outdoor practices.

BENEFITS OF TAI CHI & QIGONG FOR KIDS:

Learn Tools to Help
Calm the Body &
Manage Strong
Emotions

Enhance Mental
Clarity & Focus

Improve Mind-Body
Connection, Balance &
Coordination

Strengthen Immunity,
Digestion & Heart

Spark Creativity,
Self-Empowerment &
Confidence

HUMBOLDT TAI CHI
Ongoing Kids Classes at
Bayside Park Farm
through CSA Season
(July-October)

930 Old Arcata Rd
Arcata, Ca 95521

707-834-4372
(Candice Brunlinger)

www.humboldttaichi.com

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