

ENERGY HEALING & QIGONG

SUMMER CLASS SERIES @ HUMBOLDT TAI CHI

Join Candice for this 8-week class series and learn various 2-10 minute exercises which encourage your energy systems to flow and work in harmony with each other for physical and emotional healing. Every class includes warm-ups, a daily energy routine, meridian tracing & tapping, qigong, breathing exercises and more. Learn daily exercises to support your healing, vitality and every wonderful and challenging aspect of your life.

Pan Arts Studio, Arcata

Wednesday 7:00 pm – 8:00 pm

Thursday 10:15 am – 11:15 am

\$75 for 1 class/week

\$120 for 2+ classes/week

Multiple class discount also applies to other Tai Chi classes offered. Drop in's welcome for \$10/class

July 11th - August 30th

LEARN EXERCISES TO SUPPORT:

Stress & Anxiety

Pain, Discomfort,
Tension, Stress Holding
Patterns

Vitality, Energy, Mental
Clarity & Focus

Balance, Coordination,
Mind-Body Connection

Organ and Energy
Cleansing

Chi Flow, Circulation,
Fluids in the Joints,
Enhanced Organ and
Immune Functions

Increase Mood;
Balance Hormones and
Neurotransmitters

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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