

HUMBOLDT TAI CHI

12-WEEK FALL TERM

SEPTEMBER 18TH – DECEMBER 13TH

No classes November 20-22; Evening of October 31

Beginning Tai Chi – Sun Style

(Follow along with the Sun Style, a.k.a. Tai Chi for Back Pain & Arthritis)

Tuesday 10:15 – 11:15 am

Wednesday 10:15 – 11:15 am

Traditional Wu Form

Section 1 (Beginning Wu): Tuesday 8:45 – 10:00am

Wednesday 5:30 – 6:45 pm

Section 2 (Int. Wu): Wednesday 8:45 – 10:00 am

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

Advanced Wu Practice: Tuesday 6:00 – 7:00 pm

Energy Healing & Qigong

Wednesday 7:00 – 8:00 pm

Thursday 10:15 – 11:30 am

Tai Chi 4 Kids

Tuesday 4:00 – 4:45 pm

Kids classes outdoors, permitting weather. Contact for info/location.

\$12 Drop-in

\$130 for 1 class/week

\$200 for 2+ classes/week

Tai Chi for Kids classes are \$5/class

Visit www.humboldttaichi.com to learn more

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

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

www.facebook.com/humboldttaichi/