

HUMBOLDT TAI CHI

10-WEEK WINTER TERM

JANUARY 8TH – MARCH 21ST

No classes during President's Week (February 19-21)

Beginning Tai Chi, Sun Style

(a.k.a. Tai Chi for Back Pain & Arthritis)

Beginning: Tuesday 10:15 – 11:15 am

Advanced: Thursday 11:30 – 12:30 pm

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 - 6:45 pm

(*Contact instructors for pricing & availability for Adv. Wu Practice)

Energy Healing & Qigong (for enhancing energy & focus, stress & pain management, cleansing & strengthening)

Thursday 10:15 – 11:25 am

Tai Chi 4 Kids (\$5)

Tuesday 3:30 – 4:15 pm

\$12 Drop-in Fee

\$100 for 1 class/week (save \$20)

\$165 for 2+ class/week (save \$75+)

Tai Chi 4 Kids classes are \$5/class

Visit www.humboldttaichi.com to learn more

WHY Tai Chi?

Learn how to be relaxed and at peace during times of stress & anxiety

Gently strengthen your body & prevent injuries

Improve posture, balance, coordination & body awareness

Reduce pain & tension

Strengthen your mind, immune system, heart, lungs, digestion & more

Enhance your senses; Be more present, alert and focused

Integrate breath with slow movement to balance the energies, aligning the mind, body and 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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