



# TAI CHI 4 KIDS

**Tuesday's**  
**3:30 - 4:15 pm**

***Kids 5-12 years old***  
*(all ages are welcome)*

***\$5/kid***  
*(no charge for adults)*

Tai Chi is beneficial for all ages! Bring the family and give yourselves valuable tools for a less-stressed and joyous life. Learn fun ways to engage with our magical breath and imagination, connecting with animals and nature to calm strong emotions. Learn how to be more mindful everyday with ourselves, family and friends.

Kids often have more focus, confidence and creativity to perform better in school, sports and other active play when they practice Tai chi. Kids will be able to earn incentive prizes for coming to class and practicing.

## **BENEFITS OF TAI CHI & QIGONG FOR KIDS:**

Learn how to **CALM**  
the body & manage  
**STRONG EMOTIONS**

Improve **LEARNING**  
& **FOCUS**

Improve Balance,  
Coordination and  
**MOTOR SKILLS**

Strengthen the  
**IMMUNE** system and  
**DIGESTION**

Spark **CREATIVITY**,  
Self-Empowerment &  
**CONFIDENCE**

**HUMBOLDT TAI CHI**  
Ongoing Kids Classes at

**The Pan Art's Studio**  
**1049 Samoa Blvd**  
**Arcata, Ca 95521**

**707-834-4372**  
(Candice Brunlinger)

[www.humboldttaichi.com](http://www.humboldttaichi.com)

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