

HUMBOLDT TAI CHI

10-WEEK SPRING TERM

MARCH 26TH – JUNE 6TH

No classes during Spring Break (April 23-25)

Beginning Tai Chi, Sun Style

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

Beginning: Tuesday 10:15 – 11:15 am

Advanced: Thursday 10:15 – 11:15 pm

Traditional Wu Form

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

Tuesday 4:45 - 5:45 pm

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

Wednesday 5:30 - 6:45 pm

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)

Tai Chi 4 Kids (Ages 5+)

Tuesday 3:30 – 4:15 pm

\$5/child; no charge for participating adults

\$12 Drop-in Fee

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

\$175 for 2+ class/week (save \$65+)

Drop-in and check out a class or commit to a whole term for added benefits!

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

Classes located at

**1049 Samoa Blvd
Arcata, Ca 95521**

(Corner of K & Samoa)

707-834-4372 (Candice)

707-601-0694 (Anna)

www.humboldttaichi.com

www.facebook.com/humboldttaichi