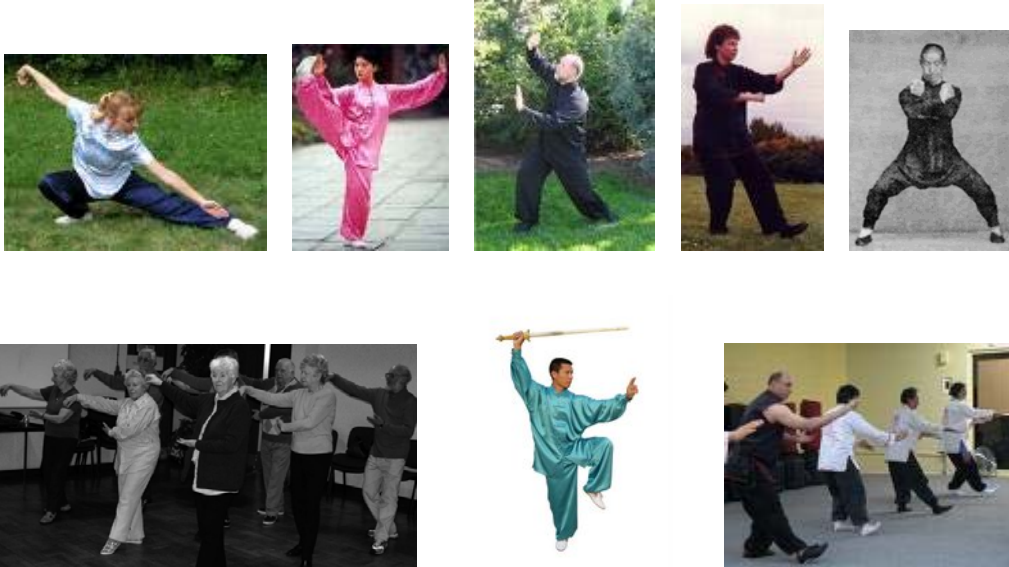


Tai Chi



Wednesdays: 6:30 p.m. – 7:30 p.m.
Saturdays: 9:30 a.m. – 11:00 a.m.

Tehama Family Fitness Center

Standard 24 Movements Yang Style Taijiquan Form
Yang Family Traditional 108 Movements Form
Standard 32 Movements Yang Style Sword Form
Qigong (Chinese Yoga) Exercise Sets
Instructor: Mike Garofalo

Tai Chi is a very popular exercise system from China. It is now practiced by millions of people all around the world. Tai chi is suitable for persons of all ages and for nearly all fitness levels for beginners. Tai Chi offers two types of practice styles. The Yin style of Tai Chi emphasizes a soft, relaxed, slow, deliberate, flowing, and contemplative practice. The Chuan style of Tai Chi emphasizes a more vigorous, faster, intense, and physically challenging practice with many self-defense applications. Mike will teach both the Yin and Chuan styles of the Yang Family Tai Chi system, the most popular of the five main styles of Tai Chi. All beginners will be taught the Standard 24 Movements Yang Form.

More Tai Chi Information can be found at Mike Garofalo's extensive *Cloud Hands* website:
<http://www.egreenway.com/taichichuan/>