

Tai Chi 2013



Tuesday: 6:35 pm – 7:35 pm
Thursday: 6:35 pm – 7:35 pm

Instructor: Mike Garofalo

Tehama Family Fitness Center
Red Bluff, CA 530-528-8656

Standard Simplified 24 Movements Tai Chi Short Form in the Yang Style
Chen Style Tai Chi Chuan 18 Movements Short Form
Yang Style Family Traditional 108 Movements Taijiquan Long Form
Eight Immortals Tai Chi Cane, Yang Style, 36 Movements

More Tai Chi Chuan and Qigong Information can be found
at Mike Garofalo's extensive *Cloud Hands* website:

<http://www.egreenway.com/taichichuan/index.htm>