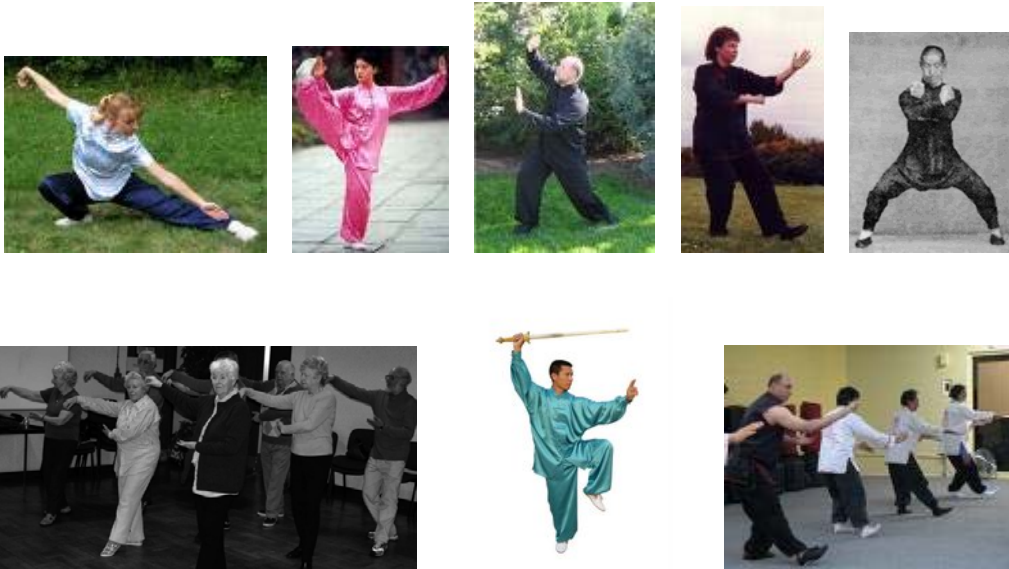


# Tai Chi Chuan



**Mondays: 5:30 p.m. – 7:00 p.m.**

**Saturdays: 9:30 a.m. – 11:00 a.m.**

## **Tehama Family Fitness Center**

**Red Bluff, 528-8656**

Standard Short Taijiquan 24 Form in the Yang Style  
Qigong (Chinese Yoga) Exercise Routines  
Yang Family Traditional Taijiquan Long 108 Form  
Eight Immortals Cane Form in the Yang Style  
Tai Chi Kung Fu Fan Form I by Grandmaster Li Deyin  
Standard Sword 32 Form in the Yang Style  
Sun Style Taijiquan Standard Competition 73 Form

**Instructor: Mike Garofalo**

T'ai Chi Ch'uan is a popular exercise, self-defense, and mind-body arts system from China. It emphasizes graceful, balanced, focused, quiet, flowing movements.

T'ai Chi Ch'uan information can be found at Mike Garofalo's extensive *Cloud Hands* website:  
<http://www.egreenway.com/taichichuan/>