

T'ai Chi Ch'uan Class

Saturdays: 9:30 – 11:00 a.m.

Instructor
Michael Garofalo
M.S., B.A.

Tehama Family Fitness Center
2498 South Main Street, Red Bluff, 530-528-8656
TFFC Members Free, Non-Members \$5.00 per Class

Add New Exercises to Your Cross Training Program
Challenge Your Body and Mind
Benefit from a Traditional Chinese Fitness System

Class Content:

Five Animal Frolics: The Bear
Entering Tranquility Relaxation Method
Eight Section Brocade Energy Exercises (Qigong)
Practice Drills for Yang Style Taijiquan
Pushing Hands: Yin-Yang Sensitivity Training
Yang Style Standard 24 Movement Short Form

More Information at: <http://www.egreenway.com/tcc>