

T'ai Chi Ch'uan and Qigong

Saturday Class: 10:00 – 11:00 a.m.

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

Eight Silk Brocades Qigong
Five Animal Frolics Qigong
Wild Goose Qigong
Yang Style T'ai Chi Practice Sets
T'ai Chi Ch'uan 24 Movement Form - Yang Style

Qigong = Ancient Chinese Exercises for Developing Internal Energy and Calmness
T'ai Chi Ch'uan = Beautiful Flowing Movements for Balancing and Self-Defense

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

2005 T'ai Chi Ch'uan and Qigong at TFFC