



T'ai Chi Fundamentals®

Tai Chi Fundamentals® Classes: June - August 2009

Saturdays: 2:30 - 3:45 pm

Location: Taos Academy of Dance Arts Hwy 64 & Las Colonias

June 20, 27

July 18 (no class July 4, 11 or 25)

August 1, 15, 22, 29 (no class August 8)

Tuesdays: 4:45 - 6:00 pm

Location: Prana Yoga Studio of Arroyo Seco 484 B Hwy 150

June 23 and 30

July 14 and 21 (no class July 7 or 28)

August 4, 11, 25 (no class August 18)

Register at Class *More classes scheduled in September*

Fees: Per class: \$12

Eight-session pass: \$80 (no expiration)

Twelve-session pass: \$110 (no expiration)

Private session: \$60 (1-2 participants). Call to schedule

Call; 75-776-3470 email: tyu@taichihealth.com

Tai Chi Fundamentals® teaches important groundwork for all styles of Tai Chi and for all functional movement. Learn basic essentials: energy/qi cultivation, alignment, grounding, balance, core movement, and form that progresses from simple to complex moves.

Tricia Yu, MA has taught traditional Yang Style Cheng Man-Ch'ing lineage Tai Chi & Qigong for 37 years. She is a pioneer in developing programs that integrate Tai Chi & Qigong into medical model exercise therapy & sports training.