

Tai Chi at PAMA



Every Monday, Wednesday & Friday, 10 - 11am

Tai Chi For Beginners:

- Tai Chi Fundamentals and Principles
- Balance, Focus and Coordination
- Techniques for self-healing
- Tai Chi form applications

These are on-going classes designed for brand new students. No pressure to memorize sequences. Students progress at their own pace.

Wednesday Evening, 5:30 - 6:00pm

Warm Up & Qi Gong

This class includes Qi Gong, Stretching, Balance and Tai Chi movements. Prepare your mind and body for the 6-7pm Tai Chi class.

Wednesday Evening, 6 - 7pm

Tai Chi For Intermediate & Advanced:

This class focuses on forms, applications & an in-depth study of individual moves.



PETALUMA ACADEMY OF MARTIAL ARTS

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