



PETALUMA ACADEMY OF MARTIAL ARTS

620 Petaluma Blvd N Petaluma, CA 94952

778-1069 www.pamakarate.com

Tai Chi, Self-Defense, Kenpo Karate, Seminars

TAI CHI

Schedule (All Levels)

Mon, Wed & Fri 10-11am

Mon, Wed & Fri 6:00-7:00pm

Wednesday Eve 5:30-6:00pm
Warm Up and Qi Gong

Friday Balance Class: 5:00-5:30

Monthly Workshops

3rd Sat. of Month 11:30-12:30

For information on upcoming seminars,
classes and special activities:

www.pamakarate.com

TEXT MESSAGE: 707-787-7569

TAI CHI Tuition & Class Schedule

10-1-2026

TUITION: Tai Chi

Tai Chi Group Classes:

Unlimited Group Classes: \$185 mo

Balance Class:

(1) Class per Week: \$60 mo

Drop-In: \$20

Monthly Workshops: \$30 ea

PRIVATE LESSONS: \$65, ½ hour

Class Drop-In Fee: \$30 ea

Introductory Program:

(1) Private Lesson & (1) Group Class: \$30

Our Tai Chi classes are a mixture of Qigong, Martial Arts, and Traditional Chinese Medicine adapted to the modern lifestyle. The principles of health and power are personalized to individuals of all ages and physical conditions. Nobody gets hurt, and we can practice into our 90's.