



Tai Chi Fundamentals

A New Class, Every Friday, 10 - 11am

Learn Tai Chi Fundamentals:

- ◆ Reduce Stress
- ◆ Sleep Better
- ◆ Improve Balance & Strength
- ◆ Improve Mood
- ◆ Reduce Risk of Falling

Cost:

\$85 per month or
\$25 Drop-In Fee per Class



INSTRUCTOR: Daniel Cuthbertson, Owner & Head Instructor of Petaluma Academy of Martial Arts

This New Fundamental Class is a great addition to our current Wednesday Morning Beginning Tai Class Class and our Wednesday Evening Intermediate Tai Chi Class.

(1) Group Lesson per Week: \$85 mo, (2) Group Lessons per Week: \$150 mo
Private Tai Chi Lessons: \$65, per 1/2 Hour



PETALUMA ACADEMY OF MARTIAL ARTS
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