

Tai Chi



For Beginners:

Every Wednesday & Friday, 10 - 11am

- Tai Chi Fundamentals and Principles
- Balance, Focus and Coordination
- Preventative Health Practices through Chi (energy) Cultivation, Breath, Yoga and Positive Visualizations.

These are on-going classes designed for brand new students. No pressure to memorize sequences or "keep up" with advanced students.

For Intermediate & Advanced Students

Every Wednesday, 6 -7pm

- Long Form (108) Yang Style & Short Form (24)
- Hybrid Forms (40 & 48)
- Sword Sets
2-Person, Short & Long Straight Sword Sets, Broad Sword Set, Fan Set
- Self-Defense Applications & Push-Hands

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



**(1) Group Lesson per Week: \$85 mo, (2) Group Lessons per Week: \$150 mo
\$25 Drop-In Fee per Class, Private Tai Chi Lessons: \$65, per 1/2 Hour**



PETALUMA ACADEMY OF MARTIAL ARTS

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