

Beginning **Tai Chi**



Every Wednesday, 10 - 11am

The Class:

- **Tai Chi Principles and Fundamentals**
- **Balance, Focus and Coordination**
- **Preventative Health Practices through Chi (energy) Cultivation, Breath, Yoga and Positive Visualizations.**
- **Introduction to Qigong, Tai Chi Forms & Applications**

This is an on-going class designed for brand new students. No pressure to memorize sequences or "keep up" with advanced students.

This class will also prepare students for the intermediate class on Wednesday evenings, 6:00 to 7:00 pm.

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

Cost:

**\$80 per month or
\$25 Drop-In Fee per Class**



PETALUMA ACADEMY OF MARTIAL ARTS
620 Petaluma Blvd N Petaluma, CA 94952
778-1069 www.pamakarate.com