

Martial Qigong



**Tai Chi Applications, Push-Hands, Qigong Postures,
Breath Work and Visualizations**

If you have ever wondered about the origins of Tai Chi and how it fits into the complete martial training of the warriors of ancient times, this Saturday class format will enlighten you.

Learn the Self-Defense applications to the techniques that we practice in the Long Form and the hybrid forms. (24, 40 and 48)

Partner practice with Push-Hands, leading, blending & harmonizing.

The class is ongoing, every first Saturday of the month, and is open to all levels of experience

WHEN: Every first Saturday of the month, 11:30 am to 1:30pm

WHERE: PAMA, 620 Petaluma Blvd North, Petaluma, CA

INSTRUCTOR: Daniel Cuthbertson

COST: \$45 Family & Friend discounts available



PETALUMA ACADEMY OF MARTIAL ARTS

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