

Beginning
TAI CHI

Every Wednesday, 10- 11am
at PAMA, 620 Petaluma Blvd. N. Petaluma

The Class:

Qigong for Health, Long Form, Tai Chi Principles,
Push Hands, Self-Defense Applications

Benefits of Tai Chi:

Balance & Coordination, Improves Circulation & Posture,
Reduces Mental & Physical Stress, Graceful Flowing Moves,
Self Awareness & Healing

Instructor:

Daniel Cuthbertson, owner of Petaluma Academy of Martial Arts,
with over 47 years of training in external martial arts and over
40 years of training in Tai Chi.

Cost:

\$80 per month



PETALUMA ACADEMY OF MARTIAL ARTS
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