

CHINESE WUSHU & TAICHI ACADEMY LLC

709 ½ S. King Street, Seattle WA 98104, (206)749-9513

www.yijiaowushu.com

Yang TaiChi Group Class for Beginners in Jan. 8, 2011

Location: 709 ½ S. King Street, Seattle WA 98104

When: Saturday 8:30AM – 9:30AM Starts on the 8th of Jan. 2010 on going

Fees: \$150/10 Weeks/ 15 Students. \$50 Uniforms and Registration Fee

Instructor: Sifu Yijiao Hong

What to expect in this class: Authentic and detailed Yang Taichi movements of simplified forms and Chinese traditional medicine Qigong warm-ups will be taught step by step following physical learning science. Sifu Hong will also explain how Taichi originated from ancient Chinese philosophy and Chinese medicine. As a beginning student the skill of self-centering, body relaxation and slow breathing while learning and practicing those movements are emphasized. You expect to become more flexible, improve strength of your legs, become more coordinated/balanced and relaxed in an energetic way.



