

Tai Chi for Seniors - Balance & Wellness

NEW SESSION BEGINS MON., JULY 3RD 2017 - 10:30AM

at Wise Orchid Taijiquan & Qigong, 2002 E. Union Street, Seattle



Mondays, 10:30am - 11:30am, July 3rd - Sept. 11th
(No Class Aug. 21st)

Are you a senior looking to begin your Tai Chi practice? Wanting to improve your coordination, focus, balance, and overall vitality?

Tai Chi for Seniors is an exploration of the Yang 24 form focused on health, proper alignment, balance, flexibility, and stress reduction.

Taught by Sifu Viola Brumbaugh, this continuing quarterly class will include practice of the Joint Lubrication Longevity Qigong, Tai Chi walking, Silk Reeling, and the Yang 24 Tai Chi form.

Registration is \$120. Drop-in's welcome at \$15. Make check payable to Wise Orchid Taijiquan & Qigong. Returning students register by June 15th and pay only \$110.

Registration form: Tai Chi for Seniors

Name: _____ email: _____

Phone: _____ emergency contact & ph: _____

Previous experience: _____

Paid: \$ _____ via Credit Card/Cash/Check

Wise Orchid Taijiquan & Qigong, 2002 E. Union St., Seattle, WA 98122