

# PRACTICE

PRACTICE REGULARLY AND CONCENTRATE TOTALLY IN CULTIVATING ENER-QI ©

## TAI CHI WORKSHOP

AWARENESS OF POSTURES FOR IMPROVEMENT

- ~ LEARN TECHNIQUES TO IMPROVE POSTURES FOR OVERALL TAIJI PRACTICE & RELAXATION
- ~ WORK ON TRANSITION MOVEMENTS TO ENHANCE FLOW OF TAIJI FORM
- ~ INCORPORATING BREATHING WITH THE FORM PRACTICE

INSTRUCTOR: KIN

OPEN TO ALL LEVELS (INCLUDING BEGINNERS)

FEE: \$15 (ADVANCED REGISTRATION REQUIRED)

SATURDAY, JUNE 27, 2009

TIME: 2 – 4:30 PM

LOCATION:

F.U.N. YOGA STUDIO

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