

Tai Chi



Learn the ancient art of Tai Chi with Master Zhang Zhao Xun at Riverdog Yoga. An international champion in Wu Shu, Master Zhang has devoted his life to the study of the martial arts and is a generous and patient teacher.

The regular practice of Tai Chi Chuan promotes vitality, clear mindedness, and overall health and well being.

Tai Chi, simply described, is the practice of slow, relaxed movements that are integrated with one's breathing. The physical and emotional benefits are well documented through a variety of medical journals and studies.

Relax, breath and find an inner balance that not only can lead to an improved outlook and attitude, but will also be fun and help you improve your flexibility and reduce the stress of everyday life. No equipment or special uniform required. May be practiced by young and old alike. It is recommended one wear comfortable clothing and flat bottom rubber soled shoes.

Master Zhang will teach the 24 movement form of Hunyuan Tai Chi. Learn more about him and tai chi : http://web.mac.com/hunyuantaijiacademy/site_hunyuan/Home.html

Class begins Wednesday January 14 at 7:00 pm
Class fee is \$20 and the classes last 1.5 hours

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