

Tai Chi - Qigong

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility

Class focuses on Yang Long Lo's form of excellent balance and timing; spinal alignment and awareness of the wholeness of our mind-body vehicle. We learn to mindfully integrate ourselves with nature so we are exactly where we want to be...relaxed and ready! Awareness and unity = Peace. All are welcome.

TUESDAY:

3/30 – 5/6, 5/11 – 6/15 OR

THURSDAY:

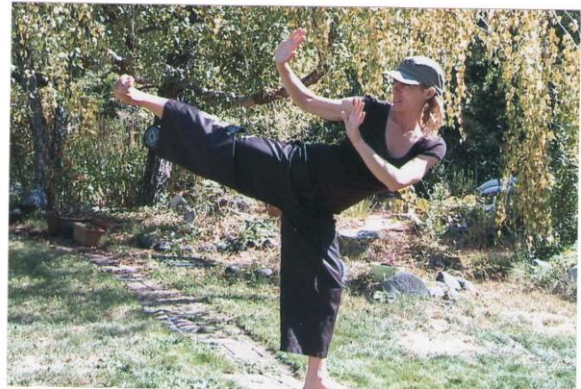
4/1 – 5/8, 5/13 – 6/17

10:30-11:30AM

\$36 PER SESSION
OR \$6 PER CLASS

AGES: 30+

(OR WITH INSTRUCTOR APPROVAL)



Instructor: Sally Wells



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