

**Returning to Center for Spiritual Living
1905 Hartnell, Redding CA
And on Zoom
Tai Chi for Health and Balance**



**8-week Fall Series
Begins on Thursdays at 10 am September 9th through October 28th
with
Chris Netto BA in Kinesiology and certified in Tai Chi for Health**

Series content includes:

- A breath and posture awareness meditation to align and open the energy centers along the spine.
- Discussion and application of the essential principles that make Tai Chi effective for health and wellbeing along with balance tips.
- Dr. Paul Lam warm up exercises
- The instruction and practice of Shibashi (18 posture Tai Chi/Qigong) plus learning the six basic forms of Tai Chi for Health Yang style. Both practices are suitable for both beginners and experienced students of Tai Chi.
 - The Yang forms to be studied and practiced are:
 - Commencement,
 - Brushed Knee,
 - Strum the Lute
 - Repulse Monkey
 - Stroking the Bird's Tail

For more information and to register for this series for in person and or for zoom link call Chris at 469-964-9369 (M) or email her at chrisfirmfit@gmail.com

Namaste`

