

Tai Chi for Health, Balance and Wellness!

Fall 2020 Schedule



Experience "Movement as Medicine, Feel the Power of Tai Chi, move in an integrated, relaxed and balanced way"

with

Chris Netto, a certified Tai Chi for Health instructor with 14 years of teaching experience

Featuring

Basic Tai Chi Yang style exercises

18 Posture Tai Chi/qigong

New and retuning students welcome

Zoom and in person classes for this fall

Beginning on Zoom September 8th through October 27th on Tuesdays at 10am. zoom.us/signup

This zoom only access, 8-class series explores and practices some of the basic Tai Chi exercises of the Yang and Sun Style 24 forms applying the essential principles of the practice to these exercises. It will include a breath and spinal alignment meditation, Dr. Paul Lam's warm-up routine and the Shibashi Taichi qigong set. Suitable for new and continuing students wishing to explore and practice this wonderful mind body exercise program in which you discipline the mind to stay in the present moment experience, reduce stress and enhance your wellbeing and balance.

In person and with the zoom option for this 8-class series begins September 16th through November 4th Wednesdays at 10am.

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Taichi is an art and a discipline in slow, controlled powerful, continuous movement in a relaxed balanced way. It has also been called meditation in motion as well because of the essential principles to the practice requiring mindfulness, patience and persistence regardless of form you practice.

For more information or to register now email chris@standingfirmfitness.com

Visit website; <https://www.standingfirmfitness.com/resources.php>



Member of
Tai Chi for Health Community

Blessings from Chris Netto