

T'AI CHI CH'UAN

WORKSHOP

In this workshop we will explore intermediate practices for advancing your tai chi chuan. Suitable for all levels of experience, these drills and teachings will help to fulfill requirements for certification in our school. Topics will include push hands, martial arts applications, standing meditation, form detail, and more. All of these will help the student deepen their personal practice and improve levels of relaxation. On a deeper level, tai chi improves conflict resolution in all areas of life by learning how to neutralize discordant energy and yield to brute force. (Please avoid the use of perfumes/colognes at workshop.)



Where: PurEnergy Fitness, 1905 Ashwood Ct., Greensboro
(off Lawndale Ave. near Fresh Market)

When: Saturday October 18 1:15 – 4:15 PM

Fee: 79.00

Call: 336-447-5122 for more info and to register by phone



Cash or check payable to: ***Eric Reiss*** or register through QR Code (aim phone camera at code and pay!).

Workshop

