

Tai Chi

***New beginning class starting May
4th, 2022***



- Traditional Yang Style Tai Chi Long Form 108 Movements***
- Tai Chi is an Chinese internal martial art that focuses on energy (chi) flow, balance and harmony. In addition to Tai Chi you will learn warm-up exercises, Chi Gung, pushing hands and applications.
- Movements are slow, gentle and graceful making it appropriate for all age groups and physical abilities.
- Class meets every Wednesday 9-10:00am rain or shine at Greenmeadow Park (303 Parkside Drive, Palo Alto).
- Head Instructor, Sifu Raymond Wong, 40 years of experience. Assistant Instructor, Michael Fredericson
- Class Youtube channel <https://www.youtube.com/user/bhapb>.
- Questions: email Raymond at raymond_wong@sbcglobal.net or Michael Fredericson at mfred2@stanford.edu