

Intermediate Tai Chi Chuan



Tai Chi Chuan is a Chinese martial art comprised of gentle, flowing movements that can be practiced by any person of any age. Often described as moving meditation, Tai Chi Chuan uses choreographed sets of postures, called ‘forms’, which flow from one to another. Tai Chi teaches us to move and breathe properly so that we achieve our greatest potential strength.

Research has shown that Tai Chi has a positive impact on a variety of medical ailments including feelings of stress, high blood pressure, arthritis, diabetes, and multiple sclerosis.

This class will learn advanced concepts of Tai Chi Chuan. The Yang Long Form, Yang 49 Movement Demo Form, and weapons forms will be taught. Applications of the form will be introduced. You must have at least one year experience with the Yang Style Short Form, or by invitation from the instructors. Loose comfortable clothing should be worn.

The cost of the 8 week session is \$55 (\$30 for Senior Center members). A walk-in fee of \$10 per class will be charged for anyone not registered for the full 8 week session. The class will be held Tuesday evenings from 7:00-8:30PM.

For more information:
Penridge Community Senior Center
146 E. Main St.
Perkasie, PA 18944

INTERMEDIATE TAI CHI CHUAN REGISTRATION FORM

Name: _____

Address: _____

City, State, Zip: _____

Phone (Home): _____ (Cell): _____

Email (optional): _____

Please make checks payable to “Penridge Community Senior Center”.