



INTRODUCTION TO THE BASIC 13 TAI CHI POSTURES WITH MASTER HONG YANG

Thursday, April 24th / 10:30-4:00pm

Pablo Creek Regional Library
13295 Beach Blvd- Jax 32246

The 13 Postures are the foundation of all styles of Tai Chi Chuan. Understanding them can help deepen your Tai Chi study, including "Tai Chi" philosophy and "Quan" (physical movement), as a WHOLE of "Yin" and "Yang". This workshop also helps any tai chi form. Each essential part of the 13 provides the meaning behind basic tai chi movement allowing you to improve your tai chi skills much faster and more accurately.

Light breakfast and lunch provided



WORLD TAI CHI/QIGONG DAY (WTCQD)

Join your fellow Tai Chi players, friends, and family in celebration that we are truly "One World, One Breath".

Saturday, April 26th / 9:30 am-3:00 pm

The Foundation Academy

3675 San Pablo Rd S- Jax 32224

9:30 am Meet & Greet (light breakfast)

10:00-12:00 Demonstration and Follow along

12:00-12:45 (lunch provided)

1:00-3:00 Mini Retreat with Master Hong Yang & Sifu Dan Jones

ARCC Co-Sponsored Event

Registration required @

WWW.TAICHIHEALTHANDWELLNESS.COM

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