

## Announcements

Shenandoah Taijiquan Center 540-247-2283

### Taijiquan (Tai Chi Chuan) Classes January-February 2024

**NOTE: Taiji classes and private lessons will NOT MEET February 1 - 7**

#### Classes

##### Fundamentals of Taijiquan – Mindful Movement

Open enrollment, begin any Tuesday 11:30-12:25 or Tuesday 6:00-6:55

*Please phone or text Pat Rice 540-247-2283 to enroll in this class.*

##### Yang Family Style Classes

Traditional Hand Form Tuesday 1:30-2:25

Traditional Hand Form, Tuesday 7:00-7:55 pm. Intermediate Level

*Please phone or text Pat Rice 540-247-2283 to enroll in this class.*

Taijidao (Saber) Tuesday 2:30-3:10\* *permission of instructor required*

Taiji Tui Shou (Push hands) Thursday 11:00-12:00 \* *permission of instructor required*

*Fee: \$22 pay by-the-class, cash or check*

*Private lessons by appointment.*

**Contact Pat Rice, Instructor, for details. 540-247-2283.**

Please leave a message so we can return your call.

### Shenandoah Wushu (Kungfu) 2024

#### Mondays and Wednesdays

Regular classes Ages 6 - Adult

6:00-6:55 pm children's class

7:00-7:55 pm teens' and adults' class

Coach Owen Sargent 540-333-5210 [owensargent@gmail.com](mailto:owensargent@gmail.com)

Check with Coach for holiday schedules

### Qigong Workshop—Wednesday February 21, 2024

11:00am-12:15pm

#### Seasonal Qigong, Winter: Strengthen and Nourish Kidney Qi

Eight exercises to maintain qi in the kidneys at the proper level

Learn how the kidneys are affected by weather, food, emotions

Winter's element is water, and the kidneys deal with the body's water. You need special care for the kidneys in the form of exercise, massage, and breathing.

*Fee: \$20 Qigong*

01.25.24