

## Announcements

Shenandoah Taijiquan Center  
540-247-2283

### **Taijiquan (Tai Chi Chuan) Classes April 29-May 2024 Classes** **SPRING BREAK: Taiji classes and private lessons will NOT MEET April 29-May 3**

#### **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.*

Taijiddao (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)

### **Qigong Workshops—Wednesday May 15, 2024, June 19 2024**

11:00am-12:15pm

#### **Therapeutic Qigong in Twenty Postures**

**Part A May 15**

**Part B June 19**

This Qigong set follows the human spine and the nervous system through the joints and limbs. Part A and Part B include movements that engage the whole body. Either part can be practiced independently of the other part.

*Fee: \$20 Qigong*

04.23.24