

Announcements

Shenandoah Taijiquan Center 540-247-2283

Taijiquan (Tai Chi Chuan) Classes May 2023

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

Taijidao (Saber) Tuesday 2:30-3:00* *permission of instructor required*

Fee: \$20 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) 2023

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

Qigong Day, Wednesday June 21, 2023

11:00am-12:15pm

Phoenix – Animal Frolics

Imitation of the Phoenix brings flexibility and openness to the torso and arms, stability in the legs, coordination of the two sides of the body, and balance for the whole body. The movements are simple and elegant, easy to learn.

Pat Rice, Instructor

Fee: \$20 Qigong

05.18.23