

Announcements

Shenandoah Taijiquan Center

540-247-2283

Taijiquan (Tai Chi Chuan) Classes Summer 2025

Note: no classes/lessons July 1-4.

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) 2025

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

Check with Coach for holiday schedules

Qigong Workshop—Wednesday July 16, 2025

11:00am-12:15pm Therapeutic Qigong in Twenty Postures - For Health and Longevity

This is an excellent set of exercises that introduces gentle movements in all the joints of the body. Movements encourage the flow of qi throughout the body, to the right place, at the right time, in the right amount.

Fee: \$20 Qigong

06.15.25