

## Announcements

Shenandoah Taijiquan Center 540-247-2283

### Taijiquan (Tai Chi Chuan) Classes September 2023

Special: Taijiquan classes and private lessons are **cancelled September 18-23**

#### 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.*

Taijidoao (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: \$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](mailto:owensargent@gmail.com)

### Qigong Workshop, Wednesday September 27, 2023

11:00am-12:15pm

**Qigong Day: Seasonal Qigong, Autumn/Long Summer — Earth: Spleen and Stomach Qigong**

The primary focus is on helping make spleen and stomach comfortable and preventing diseases of the gastro-intestinal tract, also increasing the flow of energy along both sides of the body.

Animal Frolics are a type of Chinese exercise or qigong. These light-hearted exercises not only mimic an animal's movements but also its nature and spirit. Some slow, some quick, the frolics build flexibility, strength, balance and stability, improve breathwork, and promote a higher energy level. Imitation of the Dragon brings flexibility to the spine and strength to the legs.

The Dragon is a creature of myth and legend. A symbol of good fortune and sign of intense power, the Oriental Dragon is regarded as a divine beast.

**Pat Rice, Instructor**

*Fee: \$20 Qigong*

*09.01.23*