

Announcements

Shenandoah Taijiquan Center 540-247-2283

Taijiquan (Tai Chi Chuan) Classes November-December 2023

Taijiquan Classes: Thanksgiving Break November 19-26

Taijiquan Winter Break: December 17 2023 - January 8 2024

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: \$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 Workshop, Wednesday November 15, 2023

11:00am-12:15pm

Qigong: Breathing Freely —anti-allergy seasonal Qigong.

A qigong set related to the autumn season and to lung function, targeted for reducing allergic responses to the seasonal changes. Release the chest and regulate the Qi for 'no excess', no deficiency' in your qi flow.

Pat Rice, Instructor

Fee: \$20 Qigong

11.11.23