

# 2025 LABOR DAY WEEKEND INTENSIVE

*Explore Stillness in Motion*

## T'AI CHI CH'UAN

*Yang Style Short Form*



**SAT AUG 30 • SUN AUG 31 • MON SEPT 1**

**AT IRI STUDIO, 301 EIGHTH STREET, SF**

**Single Movements  
Beginners/Form Correction**

**10am-Noon**

**Sat / Sun / Mon**

*\$150 for all three days in either group above or \$60 per day*

**Zoom Talk w/Martin**  
*Special event for all workshop attendees*

**12:15-1:15pm**

**Mon Sept 1**

**Push Hands**  
*Prerequisite: Beginning Class  
\$25 for Saturday Session*

**12:15-1:30pm**

**Sat Aug 30**

**Sword**  
*Enrollment open to ongoing Sword students  
\$25 for Sunday Session*

**12:15-1:30pm**

**Sun Aug 31**

**New Beginning Class starts:  
THURSDAY, SEPTEMBER 4, 2025**

**REGISTRATION**

For more information: [info@iritaichi.org](mailto:info@iritaichi.org)

Inner Research  Institute

*Circulation of chi  
encourages healing,  
improves posture,  
and lifts the spirit.*