

# BEGINNING CLASS IN T'AI CHI CH'UAN

STARTS MARCH 12, 2024



## EXPLORE STILLNESS IN MOTION

Beginner classes cover principles and all 37 movements of Yang Style Short Form in about nine months. Beginners are encouraged to attend bi-weekly and to practice at home.

Students who continue beyond learning the 37 movements may join the advanced group to begin transforming mechanical movement into inner practice. After a year of Form Correction, continuing students become eligible for the partner practice of Push Hands.

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

## CLASSES MEET 2 TIMES A WEEK:

Tuesdays 6 - 7:30 pm, Saturdays 10 -11:15 am

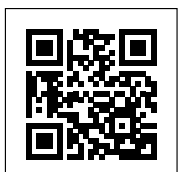
**IRI Studio** 301 8th Street, Room 260 • San Francisco

**REGISTER**

**Fees are due on a monthly basis: \$120 per month**

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

Inner Research  Institute  
*Seek Stillness in Motion*



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