

Explore Stillness in Motion

# T'AI CHI CH'UAN

Two New Beginning Classes  
Start on March 20, 2025



**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.**

## Two Beginning Classes Meet Twice a Week:

### **IRI STUDIO** in San Francisco

301 8th Street • Room 260

**Thursdays** 6 – 7:30 pm &

**Saturdays** 10 – 11:30 am

### **MOJO DOJO** in Mill Valley

247 Shoreline Hwy • Suite A11

**Tuesday & Thursday**

10 – 11:15 am

**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*

[www.iritaichi.org](http://www.iritaichi.org)

REGISTRATION