

Explore Stillness in Motion

T'AI CHI CH'UAN

Two New Beginning Classes
Start on September 5, 2024



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 – 11:15 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

Inner Research  Institute

Seek Stillness in Motion

www.iritaichi.org

REGISTRATION