

Stability & Balance

improve your sense of being

**Experience
&
membership
not required!**



Tai Chi (Taiji) is world renowned for its fall prevention benefits.

It teaches you to move with a correct and usable structure and to be calm and balanced by welcoming your connection to the earth and the heavens.

This 4-week course will offer a few simple exercises to guide you toward a relaxed, stable, whole body connection. It will also introduce a Tai Chi mindset for how to respond to daily challenges that benefits both balance and state of mind.

Great for beginners and beyond!



You will learn how to . . .

- relax and “let go”,
- become more mindful/aware,
- improve your balance.

Mar. 5 - 26, '19 (4 wks.)
Tuesdays, 7:45 - 9:00 PM
Instructor: Paul Blake
Pre-register for early bird savings!



5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020
www.YangsAndover.com

Min. 8 to start course.

Register by Feb. 25 for Early Bird Savings!



Name: _____ Phone: (____) _____
 Email: _____ D.O.B. ____/____/____

New & non-current members, please complete waiver at first class.

Are there any health or medical concerns (past or present) that we should be informed of? _____

How did you find out about this class? _____

- Cash
- Check payable to: Yang's Martial Arts
- Credit Card
- Charge Credit Card On File

4 weeks starts 3/5/19	Active* Yang's Member	Non-Member
Early Bird By 2/25	<input type="checkbox"/> \$ 55	<input type="checkbox"/> \$ 65
After 2/25	<input type="checkbox"/> \$ 65	<input type="checkbox"/> \$ 75

* Must be actively enrolled in a Shaolin or Taiji class at YMAA Andover or an active Yang's gym member during the time this course takes place.

REFUND POLICY: NON-REFUNDABLE AND NON-TRANSFERABLE ONCE THE COURSE BEGINS. ANY REFUNDS ARE SUBJECT TO A 10% PROCESSING FEE. Acknowledged: _____ Date: ____/____/____

Date rec'd ____/____/____ \$ _____ via _____ taken by _____