

Tai Chi Chuan 13 Postures & Energies

Eight Basic Doors and Five Stepping

taught by **Dr. Yang Jwing-Ming** with **Kathy Yang**

Some
Taiji
Experience
Required



This course will include:

- ✓ Intro. to Eight Basic Doors (Jing Patterns) & Five Stepping
- ✓ Martial Applications of the 13 Postures
- ✓ Manifesting Jing in the 13 Postures
- ✓ Partner Drills

Practicing Tai Chi Chuan activates energy movement in the body. Understanding how energy flows in the Tai Chi Chuan 13 postures can have great health benefits for both the body and mind.

Ms. Kathy Yang will be presenting a portion of the energies segment & will cover how:

- ✓ Energy flows through the main Qi channels of the body
- ✓ To increase Qi flow to enhance Tai Chi Chuan 13 postures & movements
- ✓ To improve the health & healing benefits of Tai Chi Chuan practice

Ms. Kathy Yang

M. Sc. in Chinese Medicine,
B. Sc. in Traditional Chinese
Medicine & Clinical Exercise
Physiology & Bachelor of
Medicine from Beijing
University of Chinese
Medicine.



For 20-minute Traditional Chinese Medicine Private Consultations with Ms. Yang during this weekend, email: YangsAndover@aol.com

ONE WEEKEND (12 hours total)

April 14 & 15, '18

Sat.: 10a - 1p, (lunch break) 3 -6p

Sun.: 9a -12p, (lunch break) 2 -5p

Pre-register to secure your spot! Space is limited.
Non-YMAA members welcome.

Workshop will be approximately 40% lecture and 60% practice.

Early
Bird
Savings!

Registration info on the other side.

Weekday 3-hour workshops with Dr. Yang:

- **Sword Basics**
Tuesday, April 10
- **Pushing Hands & Chin Na**
Friday, April 13

See separate flyer or call for details!



5 Dundee Park ~ Andover, MA ~ 978.475.2020

For more info
about Dr. or Ms. Yang,
visit www.YangsAndover.com

