

Softness & Body Awareness

through Taijiquan (Tai Chi Chuan)

Experience & membership not required!

This course will teach you . . .

- how to become more comfortable with body movements
- basic concepts of Taijiquan theory
- fundamentals to benefit all levels of practice.

This 3-class workshop will include:

1. **Foundation:** Basic drills will be introduced/practiced to develop flexibility, strength and balance.
2. **Body Awareness:** Where do you experience tension, feel disconnected and/or disjointed? We will explore our weaknesses and learn how to correct them for continued improvement.
3. **Softness:** Coordination, timing and sensitivity are some of the tools we will practice to develop softness and become more relaxed.

Each class will include solo drills, partner drills and parts of the Yang-style Long Form sequence. These classes will be suitable to beginners without any experience as well as current Shaolin and Taiji practitioners.



About Ms. Lin:

Michelle Lin is a graduate of the YMAA Retreat Center 5-year program where she trained Shaolin and Taijiquan under Dr. Yang Jwing-Ming. As a teen, she began training and teaching at YMAA Andover. For more info about Ms. Lin: www.BarkingRabbit.com/Michelle

First Class Feb. 12 ~ Free!
Tuesdays, 7:45 - 9:00 PM
Two additional classes:
Feb. 19 & 26 ... \$25
Pre-register to save your spot!
Instructor: Michelle Lin



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

Call 978.475.2020 or stop by to register.



Pre-register to save your spot!

	Tuesdays, 7:45 - 9 pm
Feb. 12	<input type="checkbox"/> Free
Feb. 19 & 26	<input type="checkbox"/> \$ 25 Min. 6 required.

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

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 _____