

# TAI CHI



*The "next step" after Intro. to Tai Chi*

**This 12 week\* program includes ..**

### Who should take this course?

Anyone who wishes to complete learning Part 1 of the Tai Chi form ... then this class is your next step.

I'm not real comfortable with what has been covered in the Introductory course, should I take this course?

You do not need to feel 100% confident with what you have learned to date in order to join this class. As a part of this course, you will frequently review Part 1.

### What is Push Hands ...



Push Hands is an exercise performed by two people who wish to improve their Tai Chi skills. It provides Tai Chi practitioners with a format to test and improve upon their relaxation, flexibility, timing, balance, poise and numerous other qualities while in contact with another person. Push Hands exercises may be introduced periodically during this course. Call for more info or to observe a class!

- ✓ Review of the first eight weeks
- ✓ Completing Part 1 of the Tai Chi Form
- ✓ Tai Chi Applications and Theory
- ✓ ... and elements of Parts 2 and 3.

## New Groups Forming ...

**This course is 12 weeks. Pre-register to save your spot!**

**Wednesday  
Evenings  
8-9:15 pm**

Instructor: Paul Blake

**January 2019  
Starts Jan. 9**

**Sunday  
Mornings  
10-11:15 am**

Instructor: Meg Holmes

**January 2019  
Starts Jan. 13**

For info about the **Tuesday Morning 10:30 am** Continuation class, call & ask for Diana.

\*Enrollment in this 12 week cycle is once/person. Beyond the first 12 weeks, enrollment follows the Continuation plan.



5 Dundee Park, Andover, MA ~ [www.YangsAndover.com](http://www.YangsAndover.com)

**For More Information or to Register, Call 978.475.2020**

