

Tues	7:00 - 8:15 PM	Tai Chi Intermediate
Wed	6:30 - 8:00 PM	Yang Style Taijiquan
Friday	8:30 - 9:30 AM	Tai Chi Beginner
Friday	9:30 -10:30 AM	Senior Tai Chi

# TAI CHI

## **Tuesday 7:00 - 8:15 PM Tai Chi Intermediate**

**YMCA - Tujunga** Instructor: Master Zhen Shen-Lang

Beginners can join this class.

Sections 8-16 of *"Yang Style Tai Chi Short Form"*

Includes kicking exercises

## **Wednesday 6:30 - 8:00 PM Yang Style Taijiquan**

**YMCA - La Canada** Instructor: Master Zhen Shen-Lang

Beginners can join this traditional Chinese class.

Entire *"Yang Style Tai Chi Short Form"*

Includes kicking exercises

Includes Push Hands tournament training

## **Friday 8:30 - 9:30 AM Tai Chi Beginner**

**YMCA - Tujunga** Instructor: Master Zhen Shen-Lang

Beginners can join this class.

*"8 Brocade"* and *"4 Winds of Shaolin"* Qigong

Includes Sections 1 - 7 of Tai Chi Form

## **Friday 9:30 - 10:30 AM Senior Tai Chi**

**YMCA - Tujunga** Instructor: Master Zhen Shen-Lang

Beginners can join this class.

*"8 Brocade"* and *"4 Winds of Shaolin"* Qigong

Sections 1-7 of *"Yang Style Tai Chi Short Form"*



**Crescenta-Canada Family YMCA**

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