

Tai Chi Gong



Mondays, Nov. 7 - Dec. 19 (6 weeks)

7:00 - 8:00pm - \$75

The first hour is for all levels. Standing meditation and chi gong get us started. Beginners will be learning the first set of the Tai Chi Long Form.

7:00 - 8:30pm - \$105

The last half hour of class is for the intermediate/advanced students to learn the second and third sets of the Tai Chi Long Form. Over time, we will also explore other aspects of the practice like partner's exercises and sword form.

Location: St. Andrew's Presbyterian Church

1601 Mary Dr., South Room, Pleasant Hill, CA

To register send your check with name, address, phone and email to:

2096 Hoover Ave., Pleasant Hill, CA 94523 (make check out to Sugi Health)

Registration must be received by Oct. 31 to reserve the rental space.

Amy Erez has been a student of Asian health and martial arts for over 30 years. She traces her lineage of Tai Chi Ch'uan and Chi Gong directly to Yang Chengfu (1883 - 1936) the originator of the Yang Style. Her experiences in Feldenkrais and the Sugi Yoga Teacher Training have broadened her approach to Tai Chi. The Sugi attitude of "Less Effort for More Benefit" provides her students a safe environment to gradually expand their abilities significantly improving their health while avoiding injury. Private sessions for reducing pain and stress are also available.

Questions? Call Amy at 925.934.3120

Or email at amy@SugiHealth.com

