

# ON PATH

## MARTIAL & HEALING ARTS

### TAI CHI

YANG STYLE. LONG FORM. 108 MOVES

Tai Chi Chuan, "The Supreme Ultimate", is an ancient martial and healing art that originated in China hundreds of years ago. Founded on three basic principles of breath control, mind focus, and body movement, Tai Chi is beneficial for the health of the body, clarity & peace of mind, and the development & movement of vital life-force energy (Chi). Through the flowing, natural movements of Tai Chi, we maximize health, reduce stress, and harmonize our spirit, mind, and body.

Tai Chi is appropriate for any age group and physical condition. Beginner & advanced students are welcome to participate in both parts of class for same tuition.

Part 1 : beginners 10:15 - 11:00 am

Part 2 : advanced 11:15 - 12:00 pm

#### DATE & TIME

Sundays : 10:15am - 12:00pm

#### TUITION

Drop-in per class = \$10

Monthly rates due at 1st class:

3 classes in the month = \$20

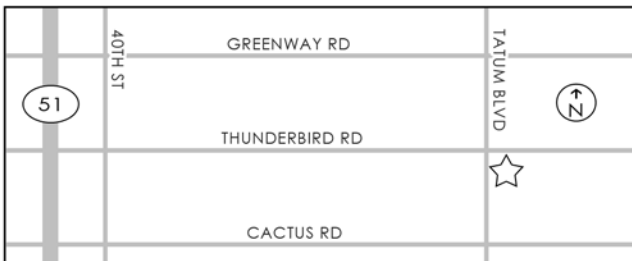
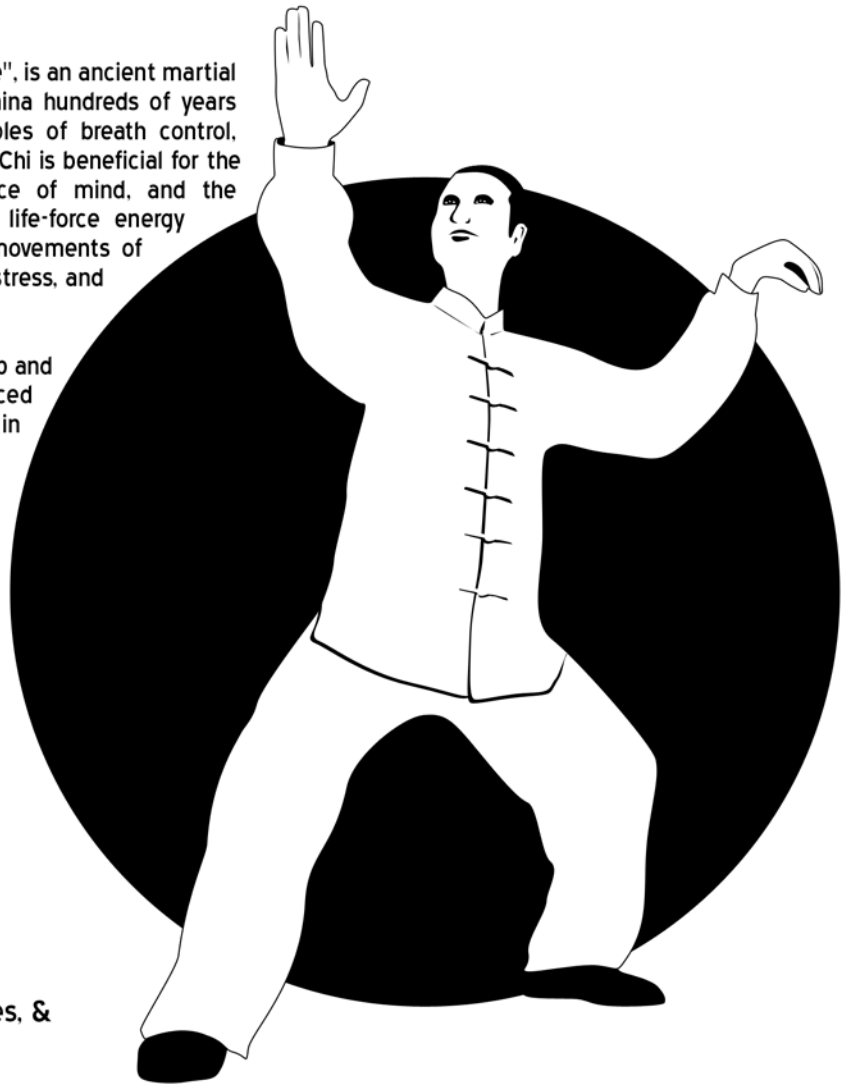
4 classes in the month = \$30

5 classes in the month = \$40

#### PLACE

Conservatory of Dance  
13637 N Tatum Blvd, Suite 8  
Phoenix, AZ 85032

Private Lessons, Group Classes, &  
Workshops Available



#### INSTRUCTOR

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