

Taichi Class

~Meditation in Motion~

Guided Yang Long Form Practice And Basic Qigong Exercise With Wanshen Chien

This class will continue to enhance the inner awareness based on Yang Chenfu's ten essentials.

We will incorporate some traditional Daoism exercises to cement the foundation, layer by layer, of the qigong practice.

Starting 11/1/2014

Saturdays 9:00-10:00am

\$50/10 sessions for returning students

Questions? wanshenchien@gmail.com

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