

T'ai Chi Fundamentals-Class is a systematic approach for mastering T'ai Chi basics building from simple to complex patterns of movement.

The class will introduce important mind/body components of T'ai Chi practice. You will learn the movement patterns that will enable you to perform a five minute slow moving dance-like form, based on traditional Yang style lineage of T'ai Chi. It combines relaxed, fluid movement with a calm alert mental state.

When practiced on a daily basis, this program of exercise has been proven to provide health and fitness benefits and is one of the best weight bearing exercises. It is suited for all ages and applies to everyone from athletes to those with physical limitations.

6-week sessions
Mondays, 1/7 - 2/11, 8 - 9 a.m.,

Training Solutions, 203 W. Wisconsin Avenue
Pewaukee, WI 53072

**Class Fee: \$15 per class
or \$90 for full session**

Register online at
www.trainingsolutionswi.com

