

Tai Chi in the Park

6th Ave @ Hawthorn Street, Balboa Park West



Beginning Monday, July 16th. 9:30AM – 10:45AM

Tai Chi is a system for cultivating greater awareness, and effortless and effective body-being. Offering a path for true mastery of body, mind and spirit. Study and Develop:

- Increased sensory and feeling awareness
- Increased capacity and function (quickness, dexterity, power...)
- Calm, broadened perspective, relief from pain

The first class will include more in-depth introduction, however, participants are invited to join anytime.

To study Tai Chi requires first learning a sequence of movements. The sequence requires several sessions to learn. Regular attendance is encouraged. Class will include warm-up and Chi Gung.

\$12 per class. Free for Veterans, family, caregivers and advocates.

Please call 619.993.9297 to RSVP or for more info.

Derek French is a licensed acupuncturist provider with the Veteran's Choice program. He has studied and taught Tai Chi since 1992.

Derek French, LAc MSTOM | www.bodymindacuity.com