

TAI CHI FOR EVERYONE

Tai Chi/Qigong
CLASS SCHEDULE
2023

MONDAY: 10:30 to 12 noon, Zoom online, Tai Chi Chih, Tai Chi for Arthritis, Yang Style.

MONDAY: 6 PM to 7:30 PM, 915 Madrone Ave. Eureka, Tai Chi Chih, Tai Chi for Arthritis

WEDNESDAY: 4PM to 5:30, Tai Chi Chih, Tai Chi for Arthritis, & Yang Style. Moonstone Beach, north end.

THURSDAY: 3 to 4:30PM, Zoom online, Tai Chi Chih, Tai Chi for Arthritis, and Yang Style

FRIDAY: 1:45 to 3:15 PM, Sequoia Zoo Park, T and Glatt Street Fountain. Forest Bathing Silent QiGong/Tai Chi Practice, Tai Chi for Arthritis.

Private Lessons available upon request: \$60/90 minutes

For more information or registration

Call: Certified Instructor Glenda Hesseltine, M.A., **707-268-3936**

Email: gkhesseltine@yahoo.com.

Class costs: \$20 per 90 minute class.

www.taichiforeveryone.net