

Portland School of Tai Chi Chuan – Winter 2017



Feel secure, warm and vigorous this winter with the flowing movements of Tai Chi Chuan, an ancient and now modern health system supported by leading medical university research.

It is also a martial art rooted in strength through softness, yielding, relaxation and adherence. Our classes include: Roots and Branches Qi Gong, meditation, and the Tai Chi form of Professor Cheng Man-Ching, Master of Five Excellences.

New weekly Beginning Class starts Saturday, November 18, 10 AM, at Fulton Park Community Center, 68 SW Miles Street.

For more information: www.taichiportland.com

503-222-2289

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