



High Desert  
Tai Chi

# Chi Gung & Energy Work

This class will focus on the spinal chi gung set, cat walking and various practices of standing and moving meditation. This class will be accessible to beginners and pertinent to long term practitioners as well.

Thursdays 5:30-6:30pm  
Starting May 5

cost: \$50.00/ 4week session

Bill Gallen

[www.Highdeserttaichi.com](http://www.Highdeserttaichi.com)

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