



Spring Schedule

Starting Tuesday, May 3, 2011

Tuesdays: 5:30-6:30

Yang Style

This class will be for those who have completed the form. The emphasis will be on deepening the practice with the introduction of push hands and weapons.

Thursdays: 5:30-6:30 Chi Gung / Energy Practice

This class will focus on energetics and internal practice.

Thursday: 6:30-7:30

Wu Practice

Integrated Practice. Meditation, chi gung and tai chi. By invitation.

Private Instruction Available

Bill Gallen

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