

# T'ai Chi Demo

## Longfellow Nutrition Group

### Contact Info:

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*(Feel free to call or email me with any questions.)*

### Resources

You can find a variety of resources relating to this workshop (including a video of the series of movements) by going to:

[www.MetroWestTaiChi.com/events/janes-nutrition-group/](http://www.MetroWestTaiChi.com/events/janes-nutrition-group/)

### T'ai Chi movements practiced during workshop:

- Wu Chi Position
- Salutations
- Part Wild Horse's Mane
- Grasp the Sparrow's Tail
  - Ward Off
  - Roll Back
  - Press
  - Push
- Single Whip
- Close

If you wish to be notified of upcoming classes and events, feel free to go to:

[www.MetroWestTaiChi.com/Contact](http://www.MetroWestTaiChi.com/Contact)

Once there just fill out the form.