

T'ai Chi Demo

Longfellow Nutrition Group

Contact Info:

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

Longfellow and Lumina Classes

I teach three classes at Longfellow in Natick and Lumina in Wayland. Longfellow Sports Club:

- Natick: T'ai Chi for Balance – Tuesdays 11:00-12:00
- Lumina at Longfellow, Wayland: Yang Short Form, Beginner's Class – Tuesdays 5:00-6:00 PM
- Lumina at Longfellow, Wayland: Qigong – Tuesdays 7:00-7:30 PM
- Lumina at Longfellow, Wayland: Yang Short Form, Advanced Class – Tuesdays 7:30-8:30 PM
- Lumina at Longfellow, Wayland: Qigong – Wednesdays 11:30-12:00
- Lumina at Longfellow, Wayland: T'ai Chi for Balance – Wednesdays 12:00-1:00

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/

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

Once there just fill out the form.