

Learn the supreme martial art of Tai Chi

For health, strength and self-realization



Tai Chi Chuan is a holistic exercise for everyone

Learn the discipline praised by Harvard Medical School, the New York Times, Time Magazine, and others as “The World’s Most Perfect Exercise.”

Improve balance and stability

Maximize your personal power. Minimize the risk of falls.

Reduce stress

Lower blood pressure. Replace depression and anxiety with calm, focused awareness.

Gain endurance, mobility and coordination

Transform clumsy, isolated movement into a graceful flow.

Join a supportive community

Find new motivation, positive role models, friendly competition and accountability.

Personalized instruction from a Tai Chi world leader

Classes are led by an international gold medalist, and acclaimed expert in the field.

Spring Quarter Class Schedule (April through June 2024)

Monday 7pm - Tai Chi for Beginners: Piercing Palm
Monday 8pm - Pushing Hands for Beginners

Wednesday 7pm - Steelyard 27 Tai Chi Form
Wednesday 8pm - Moving-Step Pushing Hands

www.shorelinetaichi.com

10% Discount for Ballinger Center Annual Members

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太极拳 Tai Chi

