

# 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 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.

### Summer Quarter Schedule (July through September 2024)

Monday 7pm – Tai Chi for Beginners: Full Circle  
Monday 8pm – Martial Tai Chi for Beginners

Wednesday 7pm – Steelyard 27 Tai Chi Form  
Wednesday 8pm – Agile Pushing Hands

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

*10% Discount for Ballinger Center Annual Members*

Shoreline  
Tai Chi

