

**Announcements**  
**Shenandoah Taijiquan Center**  
**540-247-2283**

**Taijiquan (Tai Chi Chuan) Classes July 2024 Classes**

**SUMMER BREAK: Taiji classes and private lessons will NOT MEET JULY 1-5**

**Fundamentals of Taijiquan – Mindful Movement**

**Open enrollment, begin any Tuesday 11:30-12:25 or Tuesday 6:00-6:55**

*Please phone or text Pat Rice 540-247-2283 to enroll in this class.*

**Yang Family Style Classes**

**Traditional Hand Form, Tuesday 1:30-2:25**

**Traditional Hand Form, Tuesday 7:00-7:55 pm. Intermediate Level**

*Please phone or text Pat Rice 540-247-2283 to enroll in this class.*

**Taijido (Saber) Tuesday 2:30-3:10\* permission of instructor required**

**Taiji Tui Shou (Push hands) Thursday 11:00-12:00 \* permission of instructor required**

***Fee: \$22 pay by-the-class, cash or check***

*Private lessons by appointment.*

**Contact Pat Rice, Instructor, for details. 540-247-2283.**

Please leave a message so we can return your call.

**Shenandoah Wushu (Kungfu) 2024**

Mondays and Wednesdays

**Regular classes Ages 6 - Adult**

6:00-6:55 pm children's class

7:00-7:55 pm teens' and adults' class

Coach Owen Sargent 540-333-5210 [owensargent@gmail.com](mailto:owensargent@gmail.com)

Qigong Workshop—Wednesday July 17, 2024

11:00am-12:15pm

**Seasonal Qigong: Summer—Easing the Heart**

The Heart controls not only blood circulation but also mental activities, including consciousness, thought, and emotions. Heart qigong practice can increase the efficiency of the oxygen supply from your heart, increase the adaptability of your heart's pumping requirements, and can reduce or slow down the illnesses ("excess fire") associated with your heart.

*Fee \$20 Qigong*

06.24.24