

## Announcements

Shenandoah Taijiquan Center  
540-247-2283

### Taijiquan (Tai Chi Chuan) Classes September-October 2024

#### Fundamentals of Taijiquan – Mindful Movement

Open enrollment, begin any Tuesday 11:30-12:25

New Beginner Class Forming: Tuesday evening 6:00-6:55 pm. *Please inquire for enrollment.  
Phone or text Pat Rice 540-247-2283.*

#### Yang Family Style Classes

Traditional Hand Form Tuesday 1:30-2:25 (All Levels)

Traditional Hand Form Tuesday 7:00-7:55 pm (Intermediate Level)

Taijidao (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)

Check with Coach for holiday schedules

### Qigong Workshop—Wednesday September 18, 2024

11:00am-12:15pm

*Seasonal Qigong: Earth Transition Summer to Autumn, Stomach and Spleen*

Helps make spleen and stomach comfortable, prevents diseases of the gastro-intestinal tract,  
and increases the flow of energy along both sides of the body.

Pat Rice, Instructor

*Fee: \$20 Qigong*

09.09.24