

Tai Chi/QiGong Lessons

Wed 9:30-10:30am

Aug 12, 19, 26

Sept 2, 9, 16, 23, 30

Oct 7, 14, 21, 28

Nov 4, 18

Dec 2, 9, 16

17 lessons: \$425 (free T-shirt)

or drop-in \$30 (\$25 T-shirt)

Instructor: Master Yan

Fri 7-8pm

Aug 14, 21, 28

Sept 4, 11, 18, 25

Oct 2, 9, 16, 23, 30

Nov 6, 13, 20

Dec 4, 11, 18

18 lessons: \$450 (free T-shirt)

or drop-in \$30 (\$25 T-shirt)

Instructor: Master Yan

Sat 10-11am

Aug 15, 22, 29

Sept 5, 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21

15 lessons: \$375 (free T-shirt)

or drop-in \$30 (\$25 T-shirt)

Instructor: Master Liang Keming



Tai Chi & QiGong are low impact cardio and mind-body exercise. They helps Balance & Fall Prevention, Pain Relief, Cardiovascular Health, Enhanced Brain Function, Stress Reduction, Stronger Immune System, and reducing stress and anxiety etc.



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