Intro to Medical Qigong

Medical Qi Gong is the skillful practice of gathering, circulating and applying life-force energy for the purposes of health maintenance and longevity. Students will explore in themselves and with each other special methods for preventing illness and disorders as well as techniques to detoxify the body of pathogens, strengthen the body's internal organs and regulate the balance of the body's internal energy.

TIME: 12:00 pm - 1:30 pm on Saturdays

Tai Ji Quan for Beginners

The 24-step Taijiquan offers a complete and balanced exercise with movements suitable for both the young and old, and is widely accessible to everyone. Since being introduced in China during the 1950's it has gained worldwide renown and is often credited as the beginning step for Taijiquan enthusiasts in every country.

TIME: 1:30 pm - 3:00 pm on Saturdays

INSTRUCTOR: Snohomish Brown

FEE: $89 for 6 Saturdays or $15 per class.

DATES: Nov 8, Nov 15, Nov 22, (no class Thanksgiving weekend, Nov 29)
Dec 6, Dec 13, Dec 20, (no classes over Holidays)
Next session resumes Jan 10th

LOCATION: Tai Chi Studio, 2nd floor, Yo San University
13315 W. Washington Blvd. Los Angeles 90066

Submit your email address to info@yosan.edu to receive info on upcoming classes or call 310.577.3000 ext. 110