

Free Educational Tai Chi Intro/Demo/Practice Session
Friday, September 24, 2021
Ballroom- 3:00 pm – 4:00 pm



Dr. Gang Huang, the founder of "Seeking Tai Chi", will be presenting a special Tai Chi Intro/Demo/Practice Class for those who have little or no Tai Chi experience. You will not only have the opportunity to watch a short Tai Chi demonstration up-close and get answers to your questions about Tai Chi, but also participate in the practice session to learn some Tai Chi fundamentals that aim to improve strength, balance, coordination, and inner peace. This will be a perfect opportunity to get to experience authentic Tai Chi which is also referred to as "Meditation in Motion"!

Dr. Gang Huang is one of the formal Disciples of Master Yang Jun and an authorized instructor of Yang Family Tai Chi Association. He has learned Tai Chi from famous Masters like Yang Jun, Wang Hanrong, Chen Bing, Chen Zhenglei, and Cheng Yu. He has taught Tai Chi in central NJ over the past 6 years and taught over a thousand students. You can learn more about him at:

<https://www.facebook.com/SeekingTaichi/>

To attend this class, please wear low or no heel, flexible shoes and comfortable clothes. M

Please return the slip to Sandra Kenney's mailbox # 3

MASK & WAIVER CARDS ARE REQUIRED

Name: _____

Address:

Cellphone # _____

Tai Chi Demo Class – Friday, 9/24/2021