



Tai Chi with Howie

Beginning Tai Chi--Basics and 24 Movement Form



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Tai Chi Chuan is an ancient Chinese Internal Martial Art that enables you to rediscover your natural flow and rhythm through movement. Classes will look at the many dimensions of Yang style Tai Chi Chuan. Explore the classical 24 movement form, and use it to build a strong core through correct structure, basic exercises, and body alignment practices. Wear cotton clothes and thin-soled, flexible shoes.

See page 39 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:30-9:00 PM | Th | 1/25-4/26 | \$210

New Introduction to Qigong/Tai Chi Energetics

This unique class will look at many approaches and exercises from the Chinese healing traditions of Qigong and Tai Chi silk reeling and single movement exercises. Designed to stretch the joints, tendons and muscles, students focus on flexibility and balance while opening the energetic flow within the body. This class is an excellent complement to the Tai Chi class as it prepares and relaxes the body and brings awareness to energies inherent in Tai Chi practice.

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Reedy Crk MS | 6:30-7:30 PM | Th | 1/25-4/26 | \$180

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Howie Gottfried is a passionate practitioner of Tai Chi since 1991 and has been teaching the art since 1997. Wishing to deepen his knowledge, Howie spent eight years in China studying with Dr. Wang Zhi Xiang, an internationally renowned Tai Chi teacher. Howie brings to the classes an extensive understanding of many aspects of Tai Chi including forms, energies, principles, and martial art. Commitment to Tai Chi aids in balance, body awareness, flexibility, and relaxation.