



# CHARLOTTESVILLE T'AI CHI CENTER

## Workshops with Hiromi Saturday, June 10

### T'AI CHI WARM-UP

T'ai Chi warm-up is a perfect exercise for everyone, from absolute beginners to advanced students. It engages the entire body by loosening and stretching muscles and joints. We will explore the Cheng Ming warm-up sequence with special attention to body alignment and angles.

**9:00 a.m. – 12:00 p.m.**

**Fee \$80**

### WARM-UP APPLICATIONS

Each warm-up has a martial application. Have fun and deepen your form by learning the applications and practicing them in pairs. Body alignment and angles learned in the morning workshop will help make these applications effective.

**2:00 p.m. – 5:00 p.m.**

**Fee \$80**

**Both workshops: \$150**

NEW ADDRESS EFFECTIVE JUNE 1ST: 206 EAST WATER STREET CHARLOTTESVILLE, VA 22902  
Call 877-880-2479 or visit [www.CharlottesvilleTaiChi.org](http://www.CharlottesvilleTaiChi.org) CTCC is a 501(c)3 educational non-profit