



PUBLIC CLASSES

2009

“Empowering people to improve their health by providing classes in Qi cultivation”

Qi is the vital energy that brings forth and sustains all life, and its flow and balance within the body is the basis of health. Qi Cultivation uses slow graceful movements to promote the circulation of Qi (energy) within the body. Qigong and Tai Chi are examples of Qi Cultivation and you can learn these movements by enrolling in one of our Public Classes.

Qigong for Better Health

By learning the Qigong movements known as Eight Treasures, students will develop a standing practice that works on the entire body. It can be practiced at any level of fitness and will help to develop better balance, greater flexibility and strength, and increase energy.

Thursdays, 5:00 pm – 6:00 pm (\$75 per six-week session)

Session 5: August 13 – September 17, 2009

Session 6: September 24 – October 29, 2009

Session 7: November 5 – December 10, 2009

Instructor: Yamin Chehin

Tai Chi Sword

In Tai Chi Sword, the sword is not meant for fencing or fighting, but for developing a spiritual concentration, which is a key in creating a healthy mind, body and spirit

Mondays, 5:00 pm - 6:00 pm (\$75 per six-week session)

Session 5: August 17 – September 21, 2009

Session 6: September 28 – November 2, 2009

Session 7: November 9 – December 14, 2009

Instructor: Kumiko Yamamoto and Bitu Yadidi

Please contact Tora at 310-577-3000 or support@yosan.edu to register.



PUBLIC CLASSES

2010

“Empowering people to improve their health by providing classes in Qi cultivation”

Qi is the vital energy that brings forth and sustains all life, and its flow and balance within the body is the basis of health. Qi Cultivation uses slow graceful movements to promote the circulation of Qi (energy) within the body. Qigong and Tai Chi are examples of Qi Cultivation and you can learn these movements by enrolling in one of our Public Classes.

Eight Little Treasures Qi Gong

By learning the Qigong movements known as Eight Treasures, students will develop a standing practice that works on the entire body. It can be practiced at any level of fitness and will help to develop better balance, greater flexibility and strength, and increase energy.

Instructor: Yamin Chehin

Thursday 5 pm. – 6:30 pm. • January 14 - February 18, 2010

OPEN HOUSE

Jan 7, 2010 at 5 pm Tai Chi Studio Yo San University 2nd floor

Crane Style Qi Gong

Crane-Style Qigong is a balanced, nourishing practice which not only strengthens and refines your vital energy, but can also bring about a marked improvement in almost every aspect of your life. Crane symbolizes longevity and peacefulness. Its slow and graceful movements do not require great physical effort.

Instructor: Kumiko Yamamoto

Saturday 10 am. – 11:30 am. • January 16 - February 20, 2010

OPEN HOUSE

Jan 9, 2010 at 10 am Tai Chi Studio Yo San University 2nd floor

Please contact Tora at 310-577-3000 or support@yosan.edu to register.