

special offering for ywca members



Introduction to Taiji (Tai Chi) and Qi Gong: its concepts and principles

12 week Pau Hana workshop
Thursdays, 5:00 pm - 6:30 pm
October 22, 2009 - January 28, 2010
Gather in the courtyard at Laniākea for the first session

No session on Thanksgiving, Christmas Eve
and New Year's Eve

Free for YWCA members!

Taught by Jerry Punzal and Taryn Fukuji, this workshop focuses on Taiji and Qi Gong forms of exercises that help in the area of fall prevention, postural alignment, range of motion, strength, pain and stress management, and relaxation. Jerry will take you through "Movement for Better Balance," 8 movements of Taiji, and Taryn will introduce Qi Gong basics and fundamentals.

eliminating racism
empowering women

ywca

o'ahu

Reserve your space and register for this free workshop at the hospitality desk.
For more info, call 695 2625 or 695 2626

Laniākea YWCA
1040 Richards Street
Honolulu, HI 96813