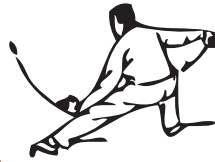
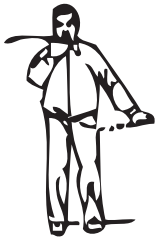


new to ywca health & wellness program





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

October 28 - February 4 - Tai Chi
February 11 - March 18 - Qi Gong
Thursdays, 5:00 pm - 6:30 pm

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.

3 free trial classes for YWCA members!

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

**eliminating racism
empowering women**

ywca

o'ahu

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

Laniākea YWCA
1040 Richards Street
Honolulu, HI 96813