

T'ai Chi Classes at InBody

Tuesday	9:00 - 10 am: Fundamentals	6:30 - 7:30 pm: Fundamentals <i>by appointment with Bob</i>
Wednesday	9:00 - 10 am: Fundamentals	
Thursday	10:00 - 11 am: Fundamentals	
Sunday	9:30 - 11 am: Two-Person	



T'ai Chi Fundamentals and Form with Bob Lindner

Step-by-step instruction of the Yang Style Long T'ai Chi form — an ancient healing, meditative and martial art practice. Instruction is oriented around fundamental principles and practices for both beginners and experienced practitioners of t'ai chi. Bob's coaching is supportive and encouraging. Health benefits include improving balance, concentration, cognition, and body awareness.

Tues. & Wed. 9:00 – 10 AM, Thurs. 10:00 -11 AM By donation (suggested \$5- \$15 per class)
Tuesday 6:30 - 7:30 by appointment. **Contact Bob at 413-387-7776.**

Two-Person T'ai Chi Energetics with Bob Lindner & Lenny Burlingame

We use two-person exercises to experience the nature and application of t'ai chi energetics. Class material draws from our extensive study, practice and exploration. Non-competitive partner drills focus on helping each other gain awareness, sensitivity, skill and well-being. Appropriate for experienced and novice t'ai chi players and those who train in other martial and movement arts.



Sunday 9:30 – 11:00 AM By donation (suggested \$10 - \$20 per class)
Contact Bob at 413-387-7776.



Classes at InBody Movement & Healing Arts
Tibetan Plaza, 265 Greenfield Rd (5 & 10), So. Deerfield, MA
www.inbodyarts.com www.facebook.com/InBodyArts

SEE INBODY WEBSITE for schedule changes