

CITY OF FOSTER CITY
PARKS AND RECREATION



TAI CHI
WELLNESS

ONLINE

太極拳能幫你鑄造健康的體魄及平和的心態。歡迎大家來試試看。

TAIJIQUAN CAN HELP YOU BUILD
A HEALTHY BODY AND A PEACEFUL MIND.
WE ENCOURAGE ALL TO TRY IT.

**TAI CHI WELLNESS
(AGES 18 +)**

THESE ARE ONLINE CLASSES TO CONTINUE THE TAI CHI EXERCISE THAT HAS TRADITIONALLY BEEN PRACTICED OUTDOORS OR IN A FACILITY. EXPLORE AND EXPERIENCE THIS HEALTH ENHANCING EXERCISE, USING THE INTRINSIC LIFE FORCE CALL "QI" THROUGH A SERIES OF STEPS CULLED FROM NATURE'S FINEST MOVEMENTS. THE BODY/MIND/SPIRIT EXERCISE WILL FORTIFY BALANCE, REDUCE STRESS, AND PROMOTE HEALTH AND ENERGY. NO ATHLETIC SKILLS NEEDED. LEARNER FRIENDLY, EDUCATIONAL, INSPIRING! POPULAR INSTRUCTOR ELLIOTTE MAO BRINGS 20 YEARS OF TAI CHI PRACTICE AND A WEALTH OF WISDOM TO HER CLASSES. IN A SUPPORTIVE ENVIRONMENT, AT A COMFORTABLE PACE, YOU WILL DISCOVER YOUR BODY'S STRENGTHS AND CHALLENGES WITH THREE PROGRESSIVE LEVELS TO ENJOY!

**INSTRUCTOR: ELLIOTTE MAO
LOCATION: ZOOM**

ACTIVITY #	DAY	DATE	TIME	FEE
FALLZOOM20.F1-A	W	09/16/20 - 11/11/20	6:30 PM - 7:30 PM	\$120
FALLZOOM20.F1-B	W	09/16/20 - 11/11/20	7:30 PM - 8:30 PM	\$120
FALLZOOM20.F1-C	F	09/18/20 - 11/13/20	12:00 PM - 1:00 PM	\$120
FALLZOOM20.F1-D	F	09/18/20 - 11/13/20	1:00 PM - 2:00 PM	\$120

