

Tai Chi Classes



Fridays 6—7 PM

16 Move Wu Style Short Form

These classes offer instruction in the Wu Style Tai Chi Short Form, developed by Taoist Lineage Master Bruce Frantzis under the direction of his teacher Grandmaster Liu Hung Chieh of Beijing. Its gentle movements can be practiced by people of all ages and abilities. The focus will be on developing proper body alignments to facilitate chi flow and how to relax the body on progressively deeper levels to release tension and mitigate the effects of stress.

Cost is \$16 drop-in or \$63 for 5 classes

Contact info: alistair.shanks@gmail.com or 415.505.8814

Alistair Shanks has studied with Taoist Lineage Master Bruce Frantzis since 1994. He is certified by him to teach 4 qigong systems, Ba Gua, Taoist Breathing & both the Long & Short Forms of Wu Style Tai Chi. He currently teaches Tai Chi at the American College of Traditional Chinese Medicine and conducts weekly qigong classes and private lessons at his home on Potrero Hill.



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"In resting, be still as a mountain peak; in moving act like the current of a great river."

The Tai Chi Classics

