

# Taichi



***Ming Xie has been practicing and teaching Taichi in both China and the United States for over 25 years. Her unique teaching method attracts a variety of people from all walks of life.***

## Classes

**Date: Monday and Wednesday**

**Time: 9:30 a.m – 10:30 a.m**

**3:00 p.m – 4:00 p.m**

**Monthly Cost:**

**\$ 89 once a week**

**\$139 twice a week**

**Start: February 2016**

**Location: 11255 Huebner Rd  
206**

**San Antonio, TX 78230**

**210-251-2489 / 210-408-8085**

## Benefits

Relieve stress

Increase stamina, enhance sleep

Reduce pain and stiffness

Enhance Cardio-respiratory function

Gain better coordination, balance,  
and flexibility

Strengthen tendons and ligaments

Increase bone density

Lower risk of falls

Learn self-defense skill

***Have a great sense of  
accomplishment and fun!***

## What We Teach

- Taichi Basic Qi Development
- Qigong Baduanjin
- Taichi 24 Yang Style Form
- Taichi 18 Chen Style Form
- Taichi 32 Sword Form
- Taichi 42 Sword
- Taichi 52 Form Fan
- Taichi Chen Old Frame One
- Taichi Chen Broadsword
- Taichi 42 Competition Form

