



# **YANG TAI CHI QIGONG SENSEI A. KAREEM**



## **Tai Chi for Health and Well Being**

Sensei A. Kareem has been practicing Tai Chi for over 30 years. Tai Chi practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing and a calm meditative state of mind, coupled with balancing and centering one's self to ultimately enhance the *CHI* or internal energy.

### **GROUP CLASS SCHEDULES**

**Wednesday and Saturday**

**12 - 1pm, 1:20 - 2:20pm, 2:40 - 3:40pm**

**Group Classes                    \$20 per student**

**Individual Instruction            \$40 per student**

*(Individual instruction is offered on a weekly basis depending upon availability.)*

**5 Week Package                    \$175**

**10 Week Discount Package        \$300 (save \$30)**

*Please note: All classes MUST be scheduled in advance.*

# **(845)797-8554**

**DUTCHESS YOGA STUDIO**

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