



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

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