

# TAI CHI CH'UAN

for Adults 50+



## ***Classes forming for October 30, 2018 !***

*SiGung Jon Walker, PhD has over 25 years experience in Tai Chi and teaches techniques with practices that provide all the health benefits. We will be incorporating QiGong into the Tai Chi choreograph! We will also have a special class on how to "Play" the Tai Chi Chuan forms. Enroll for the final 7 wks of classes this year: Oct 30-Dec 11, 2018 each Tuesday 10-11:00 a.m.*

### **Location:**

**Willingboro Senior Center, 429 JFK Way, Willingboro, NJ 08046**

**CUT on dotted line & return BELOW portion with your non-refundable remittance**

Tai Chi Ch'uan for Adults 50+

October 30 - December 11, 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Make our payment of **\$31.99** by:    Cash    Credit/Debit Card    Invoice    Check (# \_\_\_\_\_)

Make out checks to:    **QISSAGE BODY SYSTEMS, LLC**

Mail registration & remittance to:    **3 Warwick Rd    Eastampton, NJ 08060**

For more information, contact: SiGung Jon Walker @ (609) 923-4999 or email: [yangqichen@aol.com](mailto:yangqichen@aol.com)