

TAI CHI: MASTERING THE 24 FORM

Wednesdays & Fridays • 11:00 am



Our journey with Tai Chi has only just begun. In our **8 Steps for Better Balance** intro class, we explored Tai Chi's foundational benefits to mind and body. It's time to deepen and refine these skills while discovering more.

Our new class focuses on the **Yang Style 24 Form**, the most widely practiced form in the world. This form is challenging and rewarding, requiring focus, group harmony, and synchronized movement. Together at Connect and Beyond, we're ready to take on this new challenge.

Class Format:

- **15 minutes** of QiGong warm-up
- **8-step review** of Tai Chi basics
- **30 minutes** of guided immersion into the 24 Form

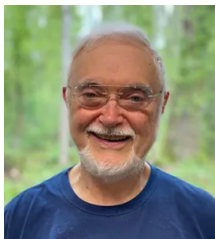


Just as with cooking, adding more “ingredients” can lead to a more flavorful dish. Similarly, the slow, intentional movements, combined with mindful breathing and cognitive practices like imagery in Tai Chi, create a rich, evolving practice. Tai Chi has adapted over centuries to meet the changing needs of practitioners, a testament to its resilience and versatility.

Come drop in and experience the harmony of **moving together** — it's real!



Sign up at class sign up at www.connectoregon.com.



Featuring Tai Chi
Instructor,
Jim Dalton

Connect & Beyond
Physical Therapy

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