

三才養氣

Chi Cultivation of Three Talents

New Class Day and Time

A new class offered by Sifu Jacob Carpenter will provide guidance and instruction in chi cultivation. Classes will be held Fridays from 7-8pm (Alaska Time) and begin March 1st, 2024. Zoom is available – ask for a link.



Begins Friday March 1st, 2024 - 7-8pm (AK Time)

Available in Person or on Zoom

\$75/month; \$50/month ages 17 and under;

\$60/month for seniors 65 and up

This class provides a safe and peaceful space to learn how to cultivate chi in the body with *Three Talents* (Heaven Earth Man). Students will learn and practice movements that assist one to connect with nature's energies and cultivate chi, providing nourishment to the body, clarity and stability in the mind and spirit.

Existing students continue and expand upon previous movements learned. New students can participate without prior learning and be successful.

Sifu Jacob Carpenter will be teaching this class. He began his practice in 1996 and was one of Master Wong's first disciples in 2000. Sifu Jacob also teaches a youth kung fu class where he instructs students in a wide variety of Wu Tan kung fu styles.



武壇

Wu Tan Alaska Tai Chi & Kung Fu Institute
9900 Old Seward Highway

To register contact: info@wutanalaska.com
or call (907) 444-5950