

# YANG TAI CHI

**WITH LEILANI KELLER  
AND SIFU KRYSTAL SCHOTT**

**FRIDAY – 7:30PM TO 8:30PM**



Yang-style Tai Chi is the younger cousin of Chen-style Tai Chi and is the most popular style of Tai Chi practiced in China today. Its practice is healing in addition to being an internal martial art. Movements are practiced slowly and deliberately to cultivate stability, softness, and internal awareness. Yang Tai Chi is accommodating to young and old alike, and is an excellent exercise to aid in rehabilitation of physical injuries. The spirit of Yang Tai Chi is the ability to retain inner stillness even as though a mountain were crumbling beneath your feet.

The class will focus on building the foundation through warmups, stances, and Qi Kung. Through this progression the student will then start learning the Yang Tai Chi form as well as the Yang Yi Jian (Straight Sword) Form.



Leilani Keller: 907-301-2989

Sifu Krystal Schott: 907-884-9701

9900 Old Seward Hwy #7

Anchorage, AK 99507

[www.wutanalaska.com](http://www.wutanalaska.com)

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