

CHEN TAI CHI 12 MOVES BREATHING

& HEALTH EXERCISES-I

陳太十二式呼吸養生法-I



Chén tài shí'èr shì hūxī yǎngshēng fǎ-I

Chen Tai's Twelve Breathing Regimen-I

**ZOOM Seminar Saturdays JULY 11, 18 from
4-5:30 PM (Alaska Time)**

COST \$150 (\$100 65+)

Contact: info@wutanalaska.com Or Leave message: 907 865 6966

ALL ARE WELCOME—NO EXPERIENCE NECESSARY.

Teacher: Master Kurt Wong.
Founder Wu Tang Kung Fu and Tai
Chi Institute. Over 45 years of ex-
perience in Traditional Chinese
Martial Arts.

Master Wong will share the Spirit
and Essence of the Chen Tai Chi
through 12 Breathing Exercises.
These are accessible to the Beginner
and essential to the Advanced or
Advancing Practitioners in the art.
Without the Spirit and the Es-
sence—there is no art and no true
cultivation. These exercises will
suit those seeking a mindful form of
healthful exercise as well as help fill
in the Internal aspects of those prac-
ticing Tai Chi as a martial art.
Highly recommended for ALL!



Spots are limited so register early!