

TRADITIONAL YANG STYLE TAI CHI CHUAN



*Reuben
Quesada,
Instructor*

Stoke Your Metabolic Furnace

- Tai Chi is a mindful, gentle, meditative, internal martial art as well as a unique system of physical, mental & spiritual culture of exercise that will significantly & positively impact your health & life
- Tai Chi has a low impact on the body, yet, it can be a highly rigorous core exercising activity that is easy to learn & easy to practice
- For young & old alike, Tai Chi helps to prevent illnesses and restores vitality
- Tai Chi is an alternative restorative exercise that helps in recuperating from injury and illness
- Tai Chi is an alternative healthy living activity that is highly focused on the mind/body connection, and mindfulness and helps to alleviate stress and addictions and cultivates self-discipline and inspires confidence

Mon., Wed., Th. 5-6pm/Sat. 9-10am
16275 Grand St. Lake Elsinore, CA92530



SOUTHWEST RIVERSIDE COUNTY TAI CHI CHUAN

16275 Grand St. Lake Elsinore, CA92530

(714) 206-2976 | reuben.quesada@verizon.net | www.mylplace.frontier.com/~reuben.quesada

At The Village on Grand ~ Lakeland Village Community Center

villageongrand@studio395.org ~ 951-471-4407