

# TAI CHI CHUAN

## 6-week class

### BEGINS MAY 9TH

**IMPROVE BALANCE,  
RELAXATION, AND  
BODY AWARENESS**

**Class meets Tuesdays from  
6:30 PM to 7:45 PM**

**May 9, May 16, May 23, May 30,  
Jun 13, and Jun 20.**

**3111 Wissemann Dr, Sacramento**

**Instructor: Sabitre Rodriguez**

**Registration fee: \$35**

**You can register online at  
[www.sactoinsight.org](http://www.sactoinsight.org) or by  
phoning 510-344-2239.**

**Additional donations are  
gratefully accepted and  
will support the instructor  
and Sacramento Insight  
Meditation.**

**FOR BEGINNING AND  
EXPERIENCED  
STUDENTS COVERING THE  
YANG FOUNDATION 8 FORM**

**An event hosted by  
Sacramento Insight Meditation  
[sactoinsight.org](http://sactoinsight.org)**

**2017**