

# TAI CHI CHUAN

## 10-week class

BEGINS MARCH 1ST

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

Class meets Thursdays from  
5:30 PM to 6:30 PM on

Mar 1, 15, 29,

Apr 5, 12, 19,

May 3, 10, 17, 31

3111 Wissemann Dr, Sacramento

Instructor: Sabitre Rodriguez

Registration fee: \$35

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

Additional donations are  
gratefully accepted  
as registration fees do not  
cover any financial support for  
the instructor.

FOR BEGINNING AND  
EXPERIENCED  
STUDENTS COVERING THE  
YANG FOUNDATION 8 FORM

An event hosted by  
Sacramento Insight Meditation  
[sactoinsight.org](http://sactoinsight.org) 2018