

TAI CHI CHUAN QIGONG

ENERGY / HEALING / SELF DEFENSE



COMING IN SEPTEMBER: Tai Chi & Qigong Classes THE TRAIN DEPOT -- HALF MOON BAY, CA

(off HWY 1, past the Fire Station on Higgins-Purisima Rd.)

Tai Chi Chih: (Easy to learn Exercise System for Beginners)

Taught by **Lois Arrigotti, Certified Instructor**

Tai Chi Chuan: (Form / Energy / Movement / Self Defense); &
Traditional Chinese Qigong: (BioEnergy Cultivation & Self-Healing)

Taught monthly by **Michael Shaman, sifu** -- 30+years experience

Weekly training sessions led by **Lois Arrigotti**, a senior student of Michael Shaman



more info at: www.michaelshaman.com

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