



Learn T'ai Chi

from Sifu D'Arcy

Many of us have excelled at going fast that we've forgotten how to move slow. Learn how to slow down and relax while in motion.

Move with balance, grace, and a greater sense of self and intention. For more information, contact Sifu D'Arcy at contact@darcygrenz.com

15-week session begins

Wednesday, January 11, 2016

7 to 8 p.m.

\$225 Try the first day free!

Sojourn Studios

5603 Bayview Road

Langley, WA 98260

The class begins with warm-up exercises, including breathing, stretching, balancing, a small amount of qigong/energy work and then goes into learning the T'ai Chi form.

It is my pleasure to learn and teach the art of Yang style T'ai Chi Chuan, a life-affirming and life-long practice. I am delighted to share the experience with others for our health and well being.

