

# T'ai Chi Ch'uan at Maui Vet Center

STILLNESS IN MOVEMENT  
Yang Style Practice on Maui

**By Donation**

Starting Monday August 7, 2017  
Continuing for 5 weeks on Mondays  
1:00 pm to 2:30 pm

Maui Vet Center, 157 Ma'a Street, Kahului, HI

Wear loose fitting clothes and gym shoes

Bring a bottle of water

Space is limited to 8 participants so sign up right away!

Call 808-242-8557



## What is T'ai Chi Ch'uan?

T'ai Chi Ch'uan is an ancient martial arts system for health and self-defense, which promotes spiritual, mental, and physical well-being.

The forms are often practiced in slow, gentle, flowing and relaxed manner.



Certified by Grand Master William C.C. Chen and Sifu Ron Perfetti, to teach Short, Long and Sword Forms, Yang style. I have been diligently and lovingly practicing Yang style T'ai Chi Ch'uan for over 30 years. This beautiful and unfathomably deep art has profoundly impacted me in all dimensions of my life: in keeping me physically healthy, in dealing with stresses of life, and in helping me grow spiritually.