

Move better feel stronger

Feeling Stressed?!?



Neck or Back Pain?!?!?

Modified Sun Style & 18 Posture Tai Chi/Qigong



Give Tai Chi for Health A Try!!!

Suitable for individuals with limited mobility no mat required.

Register now to achieve Mental and Physical well being!

- Activity with graceful, slow, controlled motion seated or standing
- Less impact on spine – hips – back than aerobics
- Promotes body's natural healing and Strengthens immune system
- Oxygenate your bloodstream for brain and muscle health
- Manage minor aches and pain
- Improve balance – posture – endurance
- Proven to reduces stress and stress hormone cortisol
- Tailor movement to your ability!
- Time honored–practiced worldwide–meditative

4 week series starting: Mondays January 9, 2012 through January 30 @ 4ppm

Please Register by January 6th 2012

Instructor: Chris Netto; BA Kinesiology Certified Fitness Professional

Where: Out Back Yoga 10926 Owensmouth ave. Chatsworth, Ca 91311

Series Cost: \$40

Learn 6 modified Sun Forms by Dr. Paul Lam and 18 Shibashi forms seated and/or standing, in a fun and supportive class. *No Outfit to Purchase: Just wear comfortable, loose clothing and supportive shoes*

ALL CALLS FOR INFORMATION WELCOMED

Your check for \$40 will reserve your space. Call Chris at 469-964-9369 or
or Kim Freesh at Out Back Yoga 818-349-1790 with any questions