

Harmonious Embodiment Arts offers...

Tai Chi Qigong & Zhan Zhuang

Moving & Standing Embodied Meditation Class
with Aaron Irons

every Tuesday & Friday Morning

10:30am - 11:30am

BodyVibe Studio, San Rafael

Open to all ages

\$15 drop-in. \$90 per month

**Starts
Tues
Oct 16**



Nurturing Principles of:

- Grounded, present moment awareness
- Meditative standing
- Slow, focused movements
- Smooth, flowing integrated movement
- Harmony of yin-yang energies
- Quietly aware, open -hearted honesty & authenticity

Rather than long, preset forms, classes include 5-30 minutes of standing meditation (Zhan Zhuang) & focused explorational practice of single & short sequence tai chi qigong flows.



999 Andersen Drive. San Rafael, CA
just across from Rafael Lumber
415-577-4621
www.BodyVibeStudio.com

Aaron Irons
Tai Chi Qigong &
Zhan Zhuang Practitioner
since 1989

Massage Therapist since 2004
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www.harmonousembodiment.com