

# Tai Ji Chuan

**Tues 4:30pm, Thurs 7:30pm**

Beginning class @ One Door Yoga  
634 San Anselmo Avenue,  
San Anselmo, CA 949760

*Health*

*Balance*

*Cultivation*

*Restoration*



Sally Chang has over 16 years of martial arts experience including Taiji Chuan, Qi Gong and Bagua Zhang. Classes utilize gentle movement to improve health and vitality. Sally is also a Licensed Acupuncturist and Herbalist practicing in San Anselmo, CA. Available for group and private instruction.

415.450.8071    [www.SallyChang.com](http://www.SallyChang.com)



\$15 Drop-in ♦ 5 Classes for \$70 ♦ 10 Classes for \$125 ♦ no expirations ♦ “Many Paths, One Truth” -Sri Swami Satchidanda