



JING YING

INSTITUTE

1195 Baltimore Annapolis Blvd, #6
Arnold MD 21012 (410) 431-5200 info@JingYing.org

Jing Ying Institute Presents: *Tai Chi for Seniors*



Instructor: Shifu Sean Marshall

Head Instructor of Jing Ying Institute of Kung Fu & Tai Chi

Over 25 years of martial arts experience

Tai Chi instructor at Anne Arundel Community College for over 15 years and has taught at many area Senior Centers

Has trained with top level masters from around the world.

Although Tai Chi appears to be slow moving and effortless, it actually provides many of the physical benefits of other types of exercise. You get the strength benefits of weight lifting, the flexibility improvement of Yoga, the core strength improvement of Pilates, and it is even equivalent to moderate aerobics! Best of all, it is a low impact form of exercise easily adapted to any age or fitness level while providing many health benefits for **Arthritis, Balance, Bone Density, Diabetes, Digestion, High Blood pressure, Stress, Self-Defense**. See our web site for more details

Date: November 28 through January 18 (13 classes total Nov 28, 30, Dec 5, 7, 12, 14, 19, 21, Jan 4, 9, 11, 16, 18)

Time: 9:00 am to 10:am (Mondays and Wednesdays)

Cost: \$75 for all 13 classes at Jing Ying.

Pro-rated in advance for less than 13 classes calculated at \$7 per class. Drop-in \$10 per class

Pay: Check, credit card or cash. Make checks payable to Jing Ying Institute. You can register and pay on-line at: <http://www.JingYing.org/events.html>

Full Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Alt Phone: _____ Work / Cell
(Circle one)

E-Mail address: _____ Will be used to add you to our e-mail list for periodic reminders of events, notices of schedule changes and copies of our newsletter.

Signature: _____ Payment enclosed: \$ _____

You will need to fill out a waiver form on your first day