Tai Chi Chuan | Chi Gung Training

With Dave Norehad

May 6 through June 26, 2019

Days: Mondays and Wednesdays *
Times: 10:00am – 11:00am
Where: The Rec Center “Front” Gym
       980 Incline Way, 89451
Per session: $18, $15 w/IVGID Pass or Rec Members
Punch card: 11 sessions for $180 or $150 w/IVGID Pass or Rec Center Members
* No class May 27 and June 17

- Maintain strength, flexibility & balance: A study at Emory University found that those who practice Tai Chi reduce fall rates by 40%
- Slow the aging process: Harvard Medical School refers to Tai Chi as “Medication in Motion” due to its value in treating many health issues related to aging
- Improve stress response: Those who practice Tai Chi show a healthier response to the stressful demands of everyday life, business and interpersonal relationships

Register ONLINE
REGISTER.YOURTAHOEPLACE.COM
980 Incline Way, Incline Village, NV 89451
INCLINERECREATION.COM • 775-832-1310
Facebook.com/InclineVillageParksRecreation
Tai Chi Chuan | Chi Gung Training
Monday, Wednesday and Friday November & December 2018
With Dave Norehad

Dave Norehad has studied and taught Tai Chi for over 12 years under the guidance of Master Willie Lim of Classical Dimensions, based in Arizona. Dave’s Tai Chi Chuan | Chi Gung Training will focus on the Yang style short form, developed and introduced to the western world by Master Cheng Man Ching over 50 years ago. Dave is a third generation student/trainer in the lineage of Master Cheng and is also an American College of Sports Medicine Certified Fitness Instructor. For more information contact Dave at 530.412.2050 or at TaiChi@davenorehad.com