

Intro to Tai Chi

Sunday, September 12, 2010 at 2:00pm - 4:00pm
FREE!

We are happy to offer free tai chi workshops for our community! This is a great opportunity for you to create a healing & relaxing time in your week.

We are happy to have you as our guest and for you to meet the amazing teachers who offer their talents here at RakSa. Sample our classes & teachers to find out what you like best!



Tai Chi, known as meditation in movement, is a balance of yin and yang. Enjoy a slow and even flow through both internal and external energy for a healing practice that leaves you focused and awareness.

Call 310.559.7200 to Reserve your Space!!

