

Karen Roberts is teaching Beginning Tai Chi classes through the RCPR department. There are two sessions: Tuesdays from 4:30 to 5:30, and Thursdays from 5:30 to 6:30. You can register at the RCPR activity site or at the Red Morton Community Center. You can also drop in for \$15 per class.

Karen's Bio: The class is taught by Karen Roberts. Karen has been practicing Tai Chi since 2002, and has led classes since 2003. Her background also includes Dance, Shotokan Karate and self defense, and she has taught Shotokan Karate and self defense classes. She is a retired software engineer, with a BS in Biology.

Tai Chi class info:

Tai Chi Chuan is an internal martial art, promoting balance, strength, flexibility, health, and relaxation.

The Beginning Tai Chi class includes Chi Kung warm-ups, deep breathing, the Tai Chi stance, basic principles and introduction to the long integrated form.

Additional info Wear loose comfortable clothes and supportive shoes with enclosed heel or strap. For your safety, please no clogs or flip-flops. If you are comfortable going barefoot, that is also an option.

For more information or to register, please contact the instructor, Karen Roberts, at kr.taichi@gmail.com

RCPR Activity Guides: <https://www.redwoodcity.org/departments/parks-recreation-and-community-services/activities-programs/activity-guide#!/>