

TaijiFit at Pilates Bodies Studio

Six week class series Sept 17 to Oct 22: Saturdays at 10:00 AM
\$90 for 6 classes or \$20 per class



When you take a TaijiFit class, you find yourself moving your body with the grace and confidence of the ancient Taiji masters who learned the secret of balancing yin and yang – strength with beauty, power with peace, endurance with flow. There is no routine or choreography to memorize or “get right.” Easy to follow along. Enjoy the experience!



Cj began teaching Tai Chi in 1992 in Honolulu. She has introduced Tai Chi and Energy Moves programs worldwide through Public Television, DVDs, teacher trainings and conferences.

The Taijifit class is a wonderfully simple yet effective format to discover the depth of Tai Chi and Qigong in a playful, exploratory way. -Cj