

**The RabBoar Studio of Tai Chi Chuan, Yoga & Pilates**  
 A CENTER FOR INTERNAL AND PHYSICAL CHANGE, DEVELOPMENT AND HEALTH



12807 E Tucks Chapel Road, Rogers, AR 72756

[www.rabboar.com/studio](http://www.rabboar.com/studio) (479) 621-8003

Before class call David (Tai Chi) at 531-3199

or Pamela (Yoga or Pilates) 531-3322

NOTE: New students please arrive 15 minutes before class start time.

**Studio Price: Tai Chi/Yoga/Pilates Drop-in \$10 -- Passes at a Discounted Rate**



**TAI CHI CHUAN**

Monday/Wednesday	5:30-7 PM	Beginner/Basic (all levels of experience)
Monday/Wednesday	7 to 8:30 PM	Forms

**YOGA**

Monday	5:30 – 6:45 PM	Flowing Yoga (some experience helpful)
Tuesday	5:30 – 6:45 PM	Kundalini Yoga & Gong
Thursday	5:45 – 7:00 PM	Kundalini Yoga & Meditation
Saturday	10:00am-11:15	Core Strengthening Yoga
Sunday	9:00 – 10:00 AM	Kundalini Yoga & Meditation

**PILATES**

Wednesday	5:45-6:45 PM	Mat/Ball Combination (all levels)
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**Private and Semi-Private lessons are available by appointment**

**Coming out 62 from Rogers toward Avoca** - Past Anderson's Propane, Feed Store, Gas Station, turn left onto Cemetery Road, (the 2<sup>nd</sup> road on the left past Anderson's). At the end of Cemetery Road, turn left onto Tucks Chapel. When you come to the "T" (Landers and Tucks Chapel Road) turn right, and we are the 3<sup>rd</sup> driveway on the left. Don't give up ... you're going the right way ... you can't miss it because the road appears to end at the "T" where you will turn right.

**From Pea Ridge** even if coming that way from Bentonville or Bella Vista – turn right onto 94 at the intersection of Route 72 and 94 (stop sign) and Tucks Chapel will be 2.5 miles from 72/94 intersection on the left (Rustic Dr. is on the right). After 1 mile (just past Joe street and a round-the-bend to the left), go right when Tucks Chapel turns right, then go past the water tower (on your right) and we are the 3<sup>rd</sup> driveway on right the past water tower.

## Yoga Classes:

**Monday's Yoga warm up and Meditation** is a class for everyone who wants to learn and practice meditation. We will use different meditation techniques from the teaching of Yogi Bhajan. Sometimes we will use a special breathing technique, or chanting to stimulate meridians and balance the glands, or other focus techniques to help quiet our mind and allow our inner divine wisdom to be heard.

Do you want more than just physical movements from your Yoga? Try our **Kundalini Yoga** classes **Tuesdays, Thursdays & Sundays**. Combining special music, chanting, and various breathing techniques, K-Yoga can help you relieve stress, energize, change destructive patterns, eliminate addictions and more. These classes are appropriate for beginners or more advanced students & ends with gong relaxation.

**Saturday** is core strengthening and stretching which is very helpful if you have back pain or weak back/ab muscles

## Tai Chi Chuan Classes:

### ***Beginning / Intro Class (Pre-registration is required, class size is limited)***

Study material covers static and dynamic structural re-integration methods, basic Tai Chi Chuan skills training and elementary nei-gung practice. General Introduction will be offered every other month.

Students will move onto the Form Class at the suggestion of the instructor.

### ***Form Class (Beginning Class study required)***

This class is by Invitation, students will have to be able to sustain form practice through skills acquired from training in our studio, or another school.

The form taught is the Wu family Large Frame 37, as formulated by Wang PeiSheng.

The form will be taught incrementally, with a 2 month review cycle.

Students of the beginning class with more than 4 weeks training may audit ONE form class for free

### ***Focused Training***

This class is by Invitation, students will have to be able to sustain a more advanced form practice as taught in our studio.

For the immediate future this class will be used for form work, later on, push hands practice and weapons practice will be offered as well

This class is offered as part of ongoing forms training, fees are part of the Form Class

## Pilates Classes:

### ***Mat and Ball Exercises based on Spencer Pilates.***

This class will include a more aerobic warm-up, then using a balance ball or mat routines we focus on core-strengthening and over-all muscle toning, with 15 minutes of relaxing stretching at the end..