

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



12805-7 E Tucks Chapel Road, Rogers, AR 72756

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	5:30-7 PM	Gong Yi Foundation Members Only
Monday/Wednesday	7 to 8:30 PM	Forms
Wednesday	5:30 - 7 PM	<u>Beginner/Basic</u>

YOGA

Monday	5:30 – 6:45 PM	Flow with variations (experienced)
Tuesday	5:30 – 6:45 PM	Kundalini (all levels of experience)
Thursday	5:30 - 6:45 PM	Hatha Basics – all levels of exp.
	7:15 – 8:30 PM	Meditation (all levels of experience)
Saturday	11:00am-12:15pm	Core Strengthening Yoga

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 2nd 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 3rd driveway on the left.

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, go right when Tuck Ch turns right, 3 drive on right past water tower.

Yoga Classes:

Monday's flowing class is more vigorous using flowing routines like the Sun Salutations, Moon Salutations, and Tatva Yoga's Side-to-Side with variations such as holding poses for 1 minute. This class is appropriate for students with 3 month or more of a regular Yoga practice, and knowledge of Sun Salutations.

Do you want more than just physical movements from your Yoga? Try our **Tuesday night** Kundalini Yoga class. Combining special music, chanting, and various breathing techniques, K-Yoga can help you relieve stress, energize, change destructive patterns, eliminate addictions and more. This class is appropriate for Yoga beginners or more advanced students and has a special gong relaxation.

Thursday class is a mix of challenging and supportive asanas with more detail as to poses, alignment and breathing, and is appropriate for beginning students and experienced students. This is more an instructional class. And **Saturday** is core strengthening and stretching in a warmer room.

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..