

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



12805 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 -- Monthly Pass 8 classes for \$45



TAI CHI CHUAN

Monday/Wednesday	5:30 - 7 PM	Beginner/Basic
	7 to 8:30 PM	Forms
Saturday	By invitation	

HATHA YOGA

Monday	5:30 – 6:55 PM	Advanced Beginner/Intermediate
Tuesday	5:30 – 7:00 PM	Gentle
Thursday	5:30 - 7:00 PM	Open/Varied – Pose Details

PILATES

Wednesday	5:45-6:45 PM	Mat/Ball Combination
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PILATES at Accents Salon

Wednesday/Friday	11:30-12:30 PM	Accents Salon in Bentonville
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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.

To Accents Salon: It is in the South Walton Corp Suites Bldg (around to the right), 1120 S. Walton Blvd, Bentonville between 8th street and 102 on the same side of the road as Wal-mart Super Center.

Yoga Classes:

Monday's challenging class is more vigorous with many standing asanas, flowing routines like the Sun Salutations with variations, or challenging ourselves by holding poses longer and learning more challenging variations of poses. We also have an occasional class where we focus more on Pranayama (various breathing techniques). This class is appropriate for intermediates and advanced students, or if you have permission from the instructor. Previous Yoga experience is required.

If you are feeling STRESSED-OUT, our **Tuesday night** Yoga class can help. Combining soothing music, gentle muscle warming and stretching, and lots of laughter, you'll feel like a new person when you open your eyes after the 15 minute relaxation at the end.

Wednesday Yoga for Back Health class will include back strengthening and stretching movements and will help to relieve tightness in your neck and shoulders. Appropriate for beginners or experienced students.

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.

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 movements using a balance ball, mat core-strengthening movements, and 15 minutes of relaxing stretching at the end..