

CULTIVATING BALANCE AND HARMONY...
DEVELOPING ROOT AND INTEGRATION...

Westchester Community Center - Ellicott City



TRADITIONAL YANG
STYLE TAIJI QUAN
~ ~ ~

Monday evenings
6-7pm
On-going
\$60 a month

TAIJI PUSH HANDS
& SELF DEFENSE
~ ~ ~

Monday evenings
7-8 pm
On-going
\$100 a month
coupled with the Taiji class

Registration:
Dances with Spirit LLC
Jeremy Harlow
410-409-4803
jeremy@danceswithspirit.com
www.danceswithspirit.com

Presented By
Jeremy Harlow

Location:
Westchester Community Center
2414 Westchester Ave.
Oella, MD 21043

Jeremy Harlow is a certified Taiji Quan instructor through the U.S. Kuoshu Federation and through the National Qigong Association; he is a certified level III Advanced Qigong Instructor and Qigong Clinical Practitioner. Along with practicing Native American Ceremony and shamanism since 1996, Jeremy has studied the healing and martial arts since 1994. He is a co-founder of the Qi Center of Maryland which offers a Qigong teacher certification program. For more information on Jeremy and his training please visit www.danceswithspirit.com.