



Shibashi

11:30-12:30 Tuesdays

Class Act Dance, Studio C

New Class Starting in September – \$40/month

Shibashi is a beautiful and flowing exercise which is fun and easy to learn, and delightful to do. It improves breathing and balance with soothing rocking motions and gentle stretching movements.

The overall effect of synchronizing the 18 movements with proper breathing techniques increases relaxation, flexibility and coordination. Shibashi draws on the movements of Tai Chi but is easier to learn and practice. The movements are choreographed to music to generate a joyful and playful spirit of vitality.

All are welcome. No previous experience necessary.

www.classactdance.com



Faye Baker is a certified instructor in Chi Gung, T'ai Chi Ch'uan, Longevity Breathing and is an Acupressurist. Faye specializes in teaching people how to use functional methods from all of these arts to bring more ease into their daily lives.

 CounterChanges Movement Arts

For more information, contact: Faye Baker – 238-9770
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