



Tai Chi

We are pleased to welcome Sara and Juan Kuanfung, from BodyWork Continuum, LLC, back for another Tai Chi Chuan Sun Style class. This class is designed to be a light to moderate workout that focuses on postural alignment, breathing, balance and range of motion. Tai Chi Chuan is a smooth, rhythmical, artistic, ancient exercise. The Sun style consists of fluent and continuous movements.

Dates: Mondays (8/18 - 9/22 **no class on 9/1 due to holiday**)

Time: 6 - 7 p.m.

Location: St. Luke's Institute for Health Education (North Medical Building), 222 South Woods Mill Road. 2nd floor, rooms 1-3

Instructors: Sara & Juan Kuanfung

Class size: 18

Cost: \$20

Sara Kuanfung, PT, LMT, cPT has practiced Tai Chi Chuan for 5 years and uses the principles of Tai Chi in conjunction with other balance activities for many of her physical therapy clients. Sara is a physical therapist with over 27 years experience in the St. Louis area and a certified personal trainer. She has worked in a variety of settings such as hospitals, outpatient clinics, school districts, homecare, private practices and hippotherapy.

Juan Kuanfung, MA has studied Tai Chi Chuan for over 30 years under well renowned Tai Chi Chuan instructors. To help relieve symptoms from a medical condition, Juan began practicing Wu Style Tai Chi Chuan in 1979 under Ms. Kao Ching-Hua. Ms. Kao practiced and researched the philosophy and techniques of the classical Wu style Tai Chi Chuan while recovering from a heart ailment during her teenage years in China. Juan Kuanfung's desire is to honor Ms. Kao's wishes by continuing to help others improve their mental and physical fitness.

To register, please use the Sign-Up Genius link that was sent via email. Confirmation of enrollment will be sent via Sign-Up Genius upon registration. Online payment may be made at the time of registration or via check no later than the end of the first week of class. Email courtney.gehrer@stlukes-stl.com with any questions regarding classes, registration, or to be added to a waitlist for a class.