

# Tai Chi & Qi Gong

Why you need to learn Tai Chi & Qi Gong

**Helps Reduce : Pain+Stress+Anxiety+Depression**



*Improves*

Health + Flexibility + Strength + Balance

*Promotes*

Concentration + Internal energy  
Self Defense



2007 with Jet Li

**Grand Master Reza Nejad**

**New Class  
For Beginners**

- Black Belt 8th Dan holder of Chinese Martial Arts from China
- Member of Technical Committee of International Wushu Federation
- Vice Chairman of Technical Committee Wushu Federation of ASIA
- International Senior Instructor and Referee

**Beginners class**

Wednesday & Friday 7:30 am  
Starting date : April 13th

**Intermediate class**

Tue, Thu & Sat 7:30 am

[www.masternejad.com](http://www.masternejad.com)



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