



## Information sheet

Find your way to more mindfulness, inner peace, balance, power and vitality through Chen Style Taijiquan. This is our training offer for you.

To support you on your way, we offer weekly courses, personal trainings and workshops.

### health| martial art | councioness

- regular beginner courses
- free trial training after registration
- participation is possible at any time without any precognition

#### Monday

Schönbrunner  
Schlosspark

**18:00 - 19:30**

beginner & advanced  
*1st Form, old Frame  
Tuishou*

#### Tuesday

Schönbrunner Schlosspark

**18:00 - 19:45**

beginner & advanced  
*standing  
1st Form, old Frame*

**19:50 - 20:45**

beginner & advanced  
*Tuishou  
partner exercises*

#### Saturday

Schönbrunner  
Schlosspark

**10:00 - 11:15**

beginner  
*1st Form, old Frame*

**11:15 - 13:30**

advanced  
*standing  
1st & 2nd Form  
old Frame*

#### Wednesday

Schönbrunner Schlosspark

**18:00 - 19:45**

beginner & advanced  
*standing  
1st Form, old Frame*

**19:50 - 20:45**

beginner & advanced  
*weapon forms  
spear*

#### Thursday

Schönbrunner  
Schlosspark

**18:00 - 19:30**

beginner & advanced  
*1st Form, old Frame  
Tuishou*

### course fees

1x per week: € 55,-- (€ 40,-- students) | 2-5x per week: € 70,-- (€ 55,-- students)

### for more informations

[www.shujian.at](http://www.shujian.at) | [www.taijiwien.at](http://www.taijiwien.at)

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