



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

18:00-19:30

*beginner & advanced
1st Form, old Frame*

Thursday

18:00-19:30

*beginner & advanced
1st Form, old Frame*

Tuesday

18:00-20:30

*beginner & advanced
1st Form, old Frame
Tuishou (push hands)*

Saturday

10:00-11:30

*beginner
1st Form
old Frame*

11:30-13:30

*advanced
standing
1st Form, old Frame
Spear/Staff*

Course place: Schönbrunn Palace Park (U4 Hietzing)

Membership

Up to 4 trainings per week: € 70,- monthly



for more information

www.shujian.at | www.taijiwien.at

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