



School of Oom Yung Doe™
The GRANDMASTER "IRON" KIM Style



Chi is the primary source of human life... the root of the mind and body.

free

Tai Chi Seminar

Wednesday, November 18th @ 6:30pm

6147 Balboa Ave San Diego 92111 858-268-9979

Traditional Moo Doe is principally a healing art that combines ancient movements, techniques and herbal therapies to balance Oom and Yung-mind and body. In this workshop, you will be introduced to Tai Chi Chung movements that can reduce stress, increase memory and concentration, increase chi and improve circulation, leading to good health, longevity and an overall better quality of life. Wear comfortable clothing and bring a friend!

Please call 858-268-9979 to reserve a spot.