

FAQ Tai Chi at Hands-On-Health : Cary

Thank You for your interest in our Tai Chi Course.

Sifu TW. Smith at the Tai Chi KungFu Center have developed a very nice relationship with the good folks at Hands On Health, a massage therapy facility located in Cary NC, and we are working together to blend the healing qualities of therapeutic massage and Tai Chi.

Here are some of the most frequently asked questions :

When is the next course?

Find the Next Dates and Fee's are located at Hands on Health

Where do I signup and where is the course held?

Sign up by calling or emailing Hands On Health. The course is held at the wonderful **Hands On Health** facility, located at:

7980 Chapel Hill Road, Suite 125 Cary, NC Phone: 919.854.9555.

Email is office@handsonhealthnc.com

Is this a large or small group?

We find that large groups can be a distraction. This course will run with a maximum of 8 people. This will allow you to have much more direct time with our Certified Instructor, Jean Rowe.



What kind of clothes do I need?

We have folks that practice in their business outfits and just take off their shoes, and others who come in very loose, workout clothes. Most important, is you are comfortable and able to move gently.

Do I need anything else?

Some folks have brought their own notebooks, to take notes. Bottled water or refreshment during a break.

Can I ask questions, while I am there?

Absolutely, this is a learning environment. Questions are not only expected, but encouraged.

Ready? Join Us for the Tai Chi Course at Hands-on-Health for Six Weeks. **Phone:** 919.854.9555



*I practice KungFu to be a Better Person First,
and a Better Martial Artist Second.*

You can discover more about all our Tibetan Kungfu programs, Tai Chi and KungFu or by following my podcast's at Itunes, Stitcher and many other applications :

The Sifu TW. Smith Program and KungFu Podcasts, where we
Explore the Culture, The Adventure and The Impact of Martial Arts.

Thank you for the opportunity to get to work with you.

Sifu TW. Smith

www.sifutwsmith.com/contact.html



PS. We would enjoy the opportunity to get to meet you. You can get a **Free Introductory Lesson** to meet with us at the Tai Chi Kung Fu Center, see the facility and explore your interest with a practice session.

If you are interested in Online Sessions for meditation, Tai Chi or Exercises such as Qi Gong, just get in touch with us, or You can call us about your interests at 919-792-8089.