

一個保健的新理念

易筋綜合保健運動

氣功 / 拉筋 / 八段錦 / 太極拳

易筋綜合保健運動講座

主講: George Chiu

譚豐雅師傅入室弟子，資深易筋教練，東灣易筋/東灣太極拳總教練，
譚氏易筋學會前副會長；陳家溝陳式太極拳第十三代傳人，孫式太極拳第四代傳人

10月4日 星期六
上午 10:30 至 11:30

千橡樹教會
1821 CATALINA AVE,
BERKELEY, CA 94707

一個保健的新理念

你是否有一些驅之不去的肌肉和關節的舊患呢？

或者你覺得體力日漸趨減呢？

你是否想改善你身體的平衡和協調嗎？

或者增強肌肉的能力嗎？

易筋綜合保健運動能夠:

增強體力及放鬆身體; 改善身體之柔軟度及彈性

改善身體之協調及平衡

增強筋腱，關節，肌肉及改善脊椎毛病; 改善整體之健康

易筋綜合保健班將於 2026 年 1 月開課

詳情請洽焦師父: YijinEB@Gmail.com

A new approach to your health

Yijin Exercise

易筋綜合保健運動

Qigong / Stretching / Aerobics / Tai Chi

Presentation: A new approach to your health

Speaker: George Chiu

Head coach: Yijin Eastbay & Taichi Eastbay; Former Vice President, Tam's Yijin Exercise Institute
Fourth-generation descendant of Sun's Taijiquan; Thirteenth generation descendant of Chen's Taijiquan

Saturday, October 4
10:30am-11:30am
Free Admission

Thousand Oaks Church
1821 Catalina Ave,
Berkeley, CA 94707

A new concept in achieving better health

Do you experience lingering aches and pain?

Do you feel a decrease in stamina?

Do you want to improve your balance and coordination?

Do you want to strengthen your muscles?

Yijin Exercises Can:

Increase body stamina and achieve stress relaxation

Improve flexibility of the body

Improve balance and prevent fall

Strengthen tendons, joints, muscles, and correct spine problems

Improve health in general

Please join us to learn more about it!

Yijin Exercise Class start in January, 2026

Please contact Sifu George: YijinEB @ Gmail.com for details