



BAGUA

What Is Bagua?

Baguazhang is an internal Chinese martial art, which embodies Taoist philosophy, and is extremely beneficial for good health. Baqua is closely related to Tai Chi and is one of five main internal martial arts in China.

Baguazhang is known for its circle walking which is very beneficial as a cardio exercise. The circle walking improves relaxation through moving meditation, train physical strength, balance, chi cultivation, joint mobility, flexibility.

Come Join Us!

Fridays 1pm-2pm

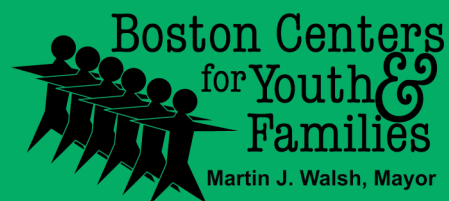
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or

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617-635-1486



Membership & classes free of charge