

Chien-Lung Animal Kung-Fu

Unleash the Animal Within!



Chien-Lung, a 17th century Kung-Fu system, is based on the movement and personalities of six animals. Each has its own way of moving, acting, feeling, and breathing. Discover your own animal type, and use it to further develop and balance your inner and outer strength...

Starts Oct. 2nd

Kung-Fu Workout

Tuesdays, 7:15 – 8:45 p.m.
Body & Soul, Squid Row
738 Chestnut Street

Internal Work

Animal Meditation, Yoga,
and Qigong
Thursdays, 8:00 – 9:30 a.m.
550 Water Street, Suite F4

All levels welcome! Ages 16 and up.
\$15 single class; 4-week rate: 1/wk \$50; 2/wk \$95
Private lessons available.

For more information, please contact:

831-234-8451 or animal.kungfu@yahoo.com

Instructor Steven Macramalla holds a Ph.D. in cognitive psychology from UCSC. He was born in Montreal, and began his martial arts training in 1990 in British Columbia. He has been a personal fitness and marathon trainer, yoga and nutrition instructor in addition to having taught Chien-Lung for 15 years.

