



OWAZA MARTIAL ARTS

Traditional Japanese & Okinawan Arts · Spring Hill, Florida

YOGA & TAI CHI

Classes & Pricing

Flowing movement, breath, and balance — internal-arts practice for adults and seniors, in the same private dojo as every Owaza program.

PRICING

Monthly (up to 10 classes) **\$80.00**

Daily Drop-In (per session, mat fee) **\$15.00**

TAI CHI AT OWAZA

Yoga-style stretching & mobility woven through the internal-arts work

Our internal-arts sessions blend Tai Chi, Qi Gong, and gentle movement into one class — a low-impact, high-benefit practice built around balance, postural alignment, and the smooth transfer of weight. Structured for adults and seniors managing joint stress, working on fall prevention, or seeking stress reduction and a moving meditation with a real martial arts lineage. No prior experience required.

SCHEDULE

Tuesday & Thursday, 8:00–9:00 AM. Open-mat session every other Saturday, 10:00–11:00 AM.

GET STARTED

Call the dojo at (352) 428-0086 to reserve your spot. Wear comfortable, loose or stretchy clothing you can bend and move freely in — a t-shirt with athletic shorts, leggings, or sweatpants all work well. Sessions are practiced barefoot or in socks. Just bring a yoga block and a water bottle.