

Improve your health

TAI CHI CHUAN



Wed 8-9am
14 & up

Daily fee \$8 per class
Monthly fee \$6 per class

Class are located at North Escalante Park or Rec. Center based on weather conditions

Sep	\$24
Oct	\$24
Nov	\$30
Dec	\$24
Jan	\$24
Feb	\$24

TAI CHI CHUAN In this class, you will learn the 24 Posture Yang Style of Tai Chi Chuan while incorporating the Chi Gung Medical Maintenance Method. This style of teaching is known for its health benefits, regulating blood pressure and circulation, increasing oxygen to the brain, improving balance, muscle tone, bone marrow cleansing, enhancing digestion and the firing of neurons. Instructor **MASTER AMIN** studied Tai Chi from Sifu Terry Tichota of Total Balance Tai Chi.



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Sign up now!