

Relaxing and invigorating  
**TAI CHI/CHI KUNG**



**14 & up**  
**Fri 8-9am**

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

Instructor PATRICIA AMON began studying Lohan School  
of Shaolin Tai Chi and Chi KUNG in 2006. She has since  
studied Tai Chi Chaun and Chi Kung with instructors in  
Montana and Nevada and has been teaching since 2010.

**Daily \$5**  
**Monthly:**  
**Oct \$16**  
**Nov \$16**  
**Dec \$20**  
**Jan \$16**  
**Feb \$16**

**TAI CHI/CHI KUNG** This practice incorporates elements of CHI KUNG  
and TAI CHI to strengthen and balance energy (chi) in the body. It is de-  
signed to improve balance, flexibility, energy and mindfulness while reliev-  
ing stress. The overall objective is to experience movement in conjunction  
with breath using self-healing exercises to center and realign the body.



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

**Sign up now!**