

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
Mar \$25
Apr \$20

May-Sept
There is no instructor
for this class. Students
meet on their own.

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 designed to improve balance, flexibility, energy and mindfulness while relieving 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!