

Relaxing and invigorating
TAI CHI



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 in 2006. She has studied Tai Chi Chuan and
 Chi Kung and has been teaching since 2010

Daily	\$5
Monthly	
Oct	\$16
Nov	\$12
No class 11/25	
Dec	\$20
Jan	\$16
Feb	\$16

TAI CHI The slow, dance-like movement of Tai Chi, combined with Chi Kung and meditation, work to improve balance, flexibility, energy and mindfulness while relieving stress. The overall objective is to experience movement in conjunction with breath, including a discipline of centering and realignment.



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

Sign up now!