

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 \$16**  
**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!**