

CITY OF SOUTH LAKE TAHOE

1901 Airport Road, Ste. 203
South Lake Tahoe, California 96150
www.cityofslt.us



MEDIA ADVISORY

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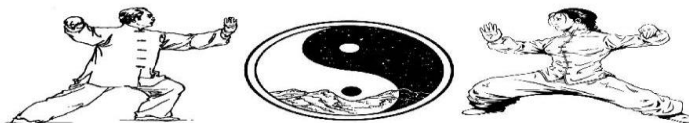
Yang Style T'ai Chi Ch'uan Classes

- WHAT:** Yang Style T'ai Chi Ch'uan Classes
- WHO:** All community members
- WHERE:** Recreation & Swim Complex – Aspen Room, 1180 Rufus Allen Boulevard
- WHEN:** Wednesdays beginning April 19th 5pm-6:30pm
- WHY:** In this Beginning Level Class Students will learn a complete warm-up practice and a simplified (Introductory) practice of T'ai Chi Ch'uan. Upon completion students may elect to continue their studies with ongoing classes of an intermediate and advanced level in which they will learn the more traditional short and long form practice of T'ai Chi Ch'uan as well as T'ai Chi Sword and Art of Chi Kung.



We are proud to present classes in:

Yang Style T'ai Chi Ch'uan



Training for all ages to improve strength, flexibility, mental concentration, awareness & physical relaxation

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The Art T'ai Chi Ch'uan may be practiced by students of all ages and is commonly known to develop leg strength, increase flexibility and balance, deepen breath, assist in physical relaxation and increase mental focus.

WHEN: Wednesdays Beginning April 19th from 5:00 - 6:30 pm

WHERE: Recreation & Swim Complex – Aspen Room

FEE: \$80 for 8 week class

REGISTRATION: Online: www.cslt.splay.com

By phone: Recreation Services Front Desk: (530)542-6056

or in person at the **Recreation Center and Pool Complex**
1180 Rufus Allen Blvd. South Lake Tahoe, CA

About the Instructor: Gregory Hoffman has been teaching T'ai Chi Ch'uan for over 30 years all around the world. To learn more you may contact Gregory at (310)614-3835.

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New!



City of South Lake Tahoe
Recreation Services

Sign up Now

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