



Tai Chi & Qi Gong for Good Health Classes

The ancient arts of Tai Chi and Qi Gong uses gentle flowing movements to reduce stress and improve health.

The classes will consist of warm up exercises, tapping exercises, various Qi Gong forms, learning the **Cheng Man Ching Yang Style** Tai Chi Form or the **Yang Style 8 Form**, meditation exercises, and theory from ancient Chinese texts. The class will focus on the health benefits of Tai Chi and Qi Gong.

There will be two separate ongoing class sessions a week:

Monday Morning: 8:30 to 10:00 am

Tuesday Evening: 6:30 to 8:00 pm

Cost for the class is:

\$10/class or \$40/month

\$12/walk in

(Please call for a sliding fee schedule)

Instructor and contact:

Cathryn Lai

website: www.LaiTaiChi.com

406-862-5457

Location:

**The Sawbuck Do Jang
22 Spokane Ave., 2nd Floor
Whitefish, MT 59937**



Soo Bahk Do is a traditional Korean Martial Art. For Classes or information call 406.862.8288



**COME HAVE FUN,
NO EXPERIENCE
REQUIRED.**

