

Relaxing and invigorating
TAI CHI

14 & up
\$30 per month
Wed & Fri
8:15-9:15am

Class are located at South Escalante Park or Rec. Center based on weather conditions



Instructor **WILLIAM VANDERVEER** is a Lohan School of Shaolin Tai Chi certified instructor & has been teaching since 2002. A lifelong learner, William continuously studies the art of Tai Chi bringing new information to his students.

The slow, dance-like speed of Tai Chi creates balance, flexibility & calmness with an emphasis on deep breathing & mental imagery. Tai Chi integrates your mind with your body & is very effective at relieving stress.



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

Sign up now!