

Chi Kung/Tai Chi



Mind
Focus



Balance



Flexibility



Stress
Relief



Increases
Energy

with Pat Amon

CHI KUNG / TAI CHI This practice incorporates elements of CHI KUNG and TAI CHI to strengthen and balance energy (chi) in the body. It is designed to improve balance, flexibility, energy and mindfulness while relieving stress. The overall objective is to experience movement in conjunction with breath using self-healing exercises to center and realign the body.

Fridays 8am-9am

October \$25

November \$20

December \$20

January \$25

February \$20

Daily Fee \$7

South Escalante Park

No class: September

FOR MORE INFORMATION OR TO REGISTER,
VISIT THE LINK OR SCAN QR CODE

<https://bcrec.recdesk.com/Community/Home>

Boulder City Parks & Recreation
900 Arizona St 702-293-9256

