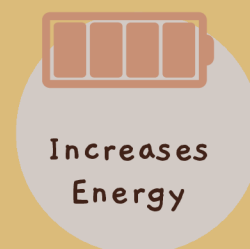


Chi Kung/Tai Chi



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

March \$20

April \$20

Daily Fee \$7

South Escalante Park

No class: May-August

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

