



Health - Balance - Strength - Community

Chen Style Tai Chi Chuan

Tuesdays

7:30 P.M.

Classes Include:

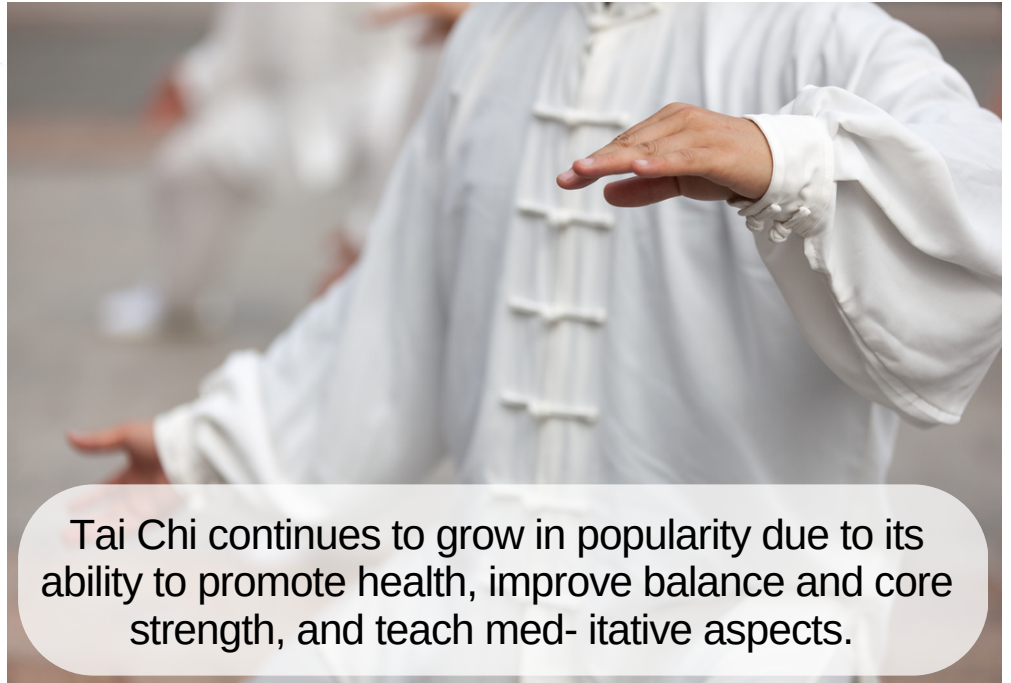
- ***Tai Chi Forms***
- ***Tai Chi Weapons***
- ***Qi Gong Meditation***
- ***Silk Reeling Exercises***

**Classes are
FREE with a
suggested
donation of
\$1-5**

**A percentage of
all proceeds go
to Austin Area
Organizations**

Location:

**Austin Rec Center
1301 Shoal Creek
Near 13th and
Lamar**



Chen Tai Chi Association of Austin is committed to spreading the practice of Chen Tai Chi throughout Central Texas.

Come and be a part of this 3000 year-old tradition.

Who we are: We are an association of Chen Tai Chi practitioners who are interested in improving our abilities and introducing Chen Tai Chi to all who are interested.

We train together and attend or host workshops of Chen Masters and related martial artists in order to get instruction directly from these sources.

Who Can Attend? Anyone interested in Tai Chi.

For more information about Tai Chi and class content visit us at:

www.austinchentaichi.com