



Experience authentic

Tai Chi Ch'uan and Chi-Gong

at The Wave (Breakers Fitness Center)

FREE lessons Tuesday morning, December 27th

9:00 am Chi-Gong (Chinese Yoga)

9:30 am- 10:15 am Tai Chi Ch'uan (Yang Style)

Join us every Tuesday in January at 9:30 am

10:15 am Tai Chi Fan Form demo and play

Breakers Resort is located at 9099 East Mississippi Ave. @ S. Alton St. in Denver

The award-winning Tai Chi Project partners with local and global organizations to promote the joy of meditational martial arts and responsible living.

Make a commitment to your health and learn this authentic art TODAY!

For more information, call 303-744-7676 or visit our website

www.taichidenver.com