

# TAI CHI BY THE SEA

## ANNUAL MONDAY EVENING SUMMER CLASS

Traditional Yang T'ai Chi Ch'uan and Qi Gong  
Taught by Sifu Lana Spraker

Focusing on Second and Third Sections of T'ai Chi Ch'uan

June 13 – August 1, 2011 — 6:30 to 8:00 P.M.  
(No class July 4)

### Burton Chase Park, Marina Del Rey

Take Lincoln Boulevard to Mindanao Way  
Turn toward the marina – cross Admiralty Way  
Burton Chase Park is at the west end of Mindanao Way  
We meet in the patio with the tree, near the covered picnic area  
Parking is Free

**DRESS IN LAYERS AS THERE MAY BE FOG OR WIND AND, OFTEN A LOVELY SUNSET!**

Fee for the series of 7 classes: \$90 — Fee for individual class: \$16  
Please pre-register if you plan to attend! (310 479-3646)

