

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 1 – July 27, 2009— 6:30 to 8:00 P.M
(No class July 6)

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 8 classes: \$100 — Fee for individual class: \$15

Please inform Lana (310-479-3646) if you plan to attend!

