



SHAO-LIN  
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# WORLD *Tai Chi* *AND* CHI KUNG DAY

FREE INTRODUCTORY TAI CHI AND CHI KUNG CLASSES!



MOUNTAIN VIEW PARK  
7006 W. USTICK RD., BOISE

**SATURDAY**  
**APRIL 26**  
**9:45AM-12:30PM**



Join us for a day of celebrating health, well-being, mindfulness, and positivity, as we practice the energy-building Martial Art known as Tai Chi Ch'uan!

## TAI CHI EMPTY HAND *and* WEAPONS DEMONSTRATIONS, PLUS MEDITATION!

10:15 AM » Tai Chi / Internal Arts Demo

Demonstration of both empty-hand and tai chi weapons styles!

10:30 AM - 11 AM » FREE

Tai Chi lessons in the park!  
Tell all your friends and family members. *Open to Everyone!*

11:30 AM - 12:30 PM » FREE

Meditation seminar! Return to our school and learn basic meditation practices.  
6501 Ustick Rd., Boise *Open to Everyone!*

**(208) 343-6109 » [www.idahoshaolin.com](http://www.idahoshaolin.com)**

