



SHAO-LIN  
少林

# 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 27  
9:45AM-11AM

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!

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!*

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

