

Tai Chi Chuan & Chi Kung Meditation

Combination class for Beginners

太極拳



Gentle Exercise, Powerful Results

This class combines the two classic meditative arts, Tai Chi Chuan and Chi Kung. Learn both the first half of the Lee Family Tai Chi form along with special Chi Kung breathing techniques and postures that support, deepen, and enhance your practice.

- Lee Family Tai Chi Chuan consists of several linked, slow movements coordinated with special breathing techniques that result in a mental and physical revitalization.
- Tai Chi strengthens the core postural muscles, improves balance and flexibility, and provides excellent stress management.
- Tai Chi practice is recommended by the National Arthritis Foundation.
- Chi Kung practice improves health and well-being by combining the focus of mind, body, and one's internal vital forces.
- Recent studies from UCLA, Yale, and John Hopkins University found that long-term meditators had better-preserved brains than non-meditators as they aged, reduced depression, and improved attention and concentration.

TAI CHI/CHI KUNG COMBO

Tuesdays, 10:30-11:30 a.m.
 Starts September 5, 2017

8-Week Session:
 \$50 Y members
 \$77 Non-members

REGISTER NOW

Whitaker Family at Hamburg YMCA
 2681 Old Rosebud Road
 859-543-9622 or ymca.org



Instructor Master David Cubine is an Eighth Degree Black Belt in the Central Shaolin Martial Arts System. Master Cubine has over 38 years of experience in Shaolin martial arts as well as advanced training in Tai Chi, Chi Kung, Pa Kua Chang, and other internal arts under the direct supervision of Grandmaster Hiang Kwang Thè.



Named favorite
 Martial Arts Program
 in Lexington