

# Tai Chi



With roots in ancient Chinese martial arts, Tai Chi and Qigong are a set of exercises designed to cultivate balance, control, flexibility, joint health, and vitality. Over the eight-week course, students will learn an eight-movement Tai Chi form, a variety of Qigong exercises, and a basic introduction to various meditative techniques.

Instructors: Philip Brewer has been practicing Tai Chi for over three years and has assisted in teaching a beginner's class for one year. French Fraker has been practicing Tai Chi for five years.

Date	Day	Time	Fee (R/NR)	Min/Max	Class ID
6/3-7/26	M/W/F	8:30-9:30a	\$50/\$75	8/20	140931-A1
8/5-9/27	M/W/F	8:30-9:30a	\$50/\$75	8/20	140931-A2

**Location:** Kaufman Lake

*Register at any Champaign Park District facility  
or at [www.champaignparkdistrict.com](http://www.champaignparkdistrict.com)  
FITflex cards may not be used.*



**Your Place to Play!**