



NEW Tai Chi and Qigong Classes

Cultivate your Body, Mind, and Spirit



In these classes, you'll learn Ancient Chinese Qigong and Tai Chi practice. You'll practice Qigong movements and meditation, utilizing Chinese Five Elements, giving you wonderful ways for improving your body and maintaining your health!

Classes Start July 7 – Don't miss this chance!

- Time:** Saturdays 10:00 AM to 12:00 Noon (July 7, 14, 21, 28)
Location: Maryland Youth Ballet
926 Ellsworth Drive
Silver Spring, MD 20910
301-608-2232
Instructors: Mr. Shawn Cartwright
Dr. Yinong Chong
Registration \$120 per month, payable on the first class of the month
Drop-in fee is \$40 per class. Cash or Check at the Door
Information Phone: 301-785-7505 Email: info@tccii.com
Web: <http://www.tccii.com/seminar/qigongtaichiMYB.asp>