

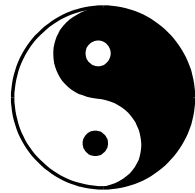
TAI CHI

AT THE

Chinese Cultural Center

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Center for Expressive Arts



Tai Chi is a system of exercise developed by the Chinese Masters 100's of years ago to help the human being attain harmony of mind, body and spirit and also harmony between Man and Nature. Literally millions of people are in the parks every morning in China exercising their Chi for their own health.

Health Benefits include relief from:

- Insomnia
- Arthritis
- Diabetes
- High Blood pressure
- Aches and pains
- Busy Mind
- Stress
- And many more

If you have some interest, please stop in and observe a class. Please be courteous and come in quietly to the back of the room and sit back and watch and feel the Energy-Chi.

“Beginning” classes, a.k.a. Tai Chi for Klutzes, are given through Pima Community College Community Campus, now known as Continuing Education. **To register call 206-6468.** In the event, PCC cancels a beginning class, register with the instructor directly. Intermediate and Advanced classes are given directly through Barry Brownstein. For Questions about Tai Chi, contact the Instructor,

Barry Brownstein, Licensed Acupuncturist @ 297-7955.
barrybrownstein@hotmail

Upcoming Classes:

WINTER/SPRING 2010

6 weeks

CHINESE CULTURAL CENTER –

1288 W. River Road

SESSION I- starting *** January 19th, 2010 *******

SESSION I- starting *** March 2nd, 2010 ******

“Beginning/Orientation” - Tuesdays

9:00 – 10:15 am

“Beginning/Orientation” - Tuesdays

6:00 – 7:15 pm

CENTER FOR EXPRESSIVE ARTS -

3838 E. Ft. Lowell

SESSION - starting *** January 20th, 2010 *******

SESSION I- starting *** March 3rd, 2010 *******

“Intermediate Level”.....

Wednesdays

6:00 – 7:30 pm

“Advanced Level”.....

Wednesdays

7:30 – 8:30 pm