

## T'ai Chi Classes



### T'AI CHI

#### 2012 Classes

##### T'ai Chi Beginning—S.V. Miller

Increase your vitality, coordination, and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. 8 classes Min 5 Max 20

FEE: IC \$48 / OC \$53

2007.201 Wed 6:00-7:00 pm 1/18-3/7

2009.201 Wed 7:00-8:00 pm 1/18-3/7

Adult Community Center

2008.201 Wed 6:00-7:00 pm 4/4-5/23

2010.201 Wed 7:00-8:00 pm 4/4-5/23

Adult Community Center

2011.201 Sat 9:15-10:15 am 1/28-3/10

2012.201 Sat 9:15-10:15 am 4/7-6/2 No class 05/26

Sunset Fire Hall Upstairs

##### T'ai Chi Advanced—S.V. Miller

T'ai Chi is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. The 32-Movement Yang Style Sword Form will also be included. This class is for the experienced and self-motivated T'ai Chi player who can perform the 24-Movement Yang Style Form solo. 8 classes Min 5 Max 20

FEE: IC \$72 / OC \$77

2013.201 Sat 10:15-11:45 am 1/28 - 3/10

2014.201 Sat 10:15-11:45 am 4/7 - 6/2 \*No class 5/26

Sunset Fire Hall Upstairs

To register, contact the City of West Linn Parks and Recreation Program, 503-557-4700 or register online at [www.westlinnoregon.gov](http://www.westlinnoregon.gov)

## T'ai Chi Classes

Published on City of West Linn Oregon Official Website (<http://westlinnoregon.gov>)

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Experience the transformational joy of T'ai Chi.

### Supporting Documents



[Holiday T'ai Chi Flier](#)

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