



Learn Tai Chi Meditation

Discover the Ancient Art for Ultimate Health from Grandmaster Hiang Kwang Thè at LAC!

Lee Family Tai Chi 2-Day Workshop

Saturday October 13 &
Sunday October 14th, 2018

Now, more than ever, we all need to find a way to bring balance into our lives. From career, family, and social demands to the increased volume and way we receive information, the pace of modern life can easily overcome our abilities to cope in a healthy way. So where do we look for this balance in current times? One of the best sources can be found in the past, with the practice of Lee Family Tai Chi.

Tai Chi is a classic meditative art that combines slow movements with special breathing techniques to improve overall health as well as manage stress, increase strength, and improve balance and flexibility.

- Workshop led by Master Hiang Kwang Thè with over 50 years of Tai Chi experience, and Master David Cubine.
- Tai Chi practice results in a mental and physical revitalization.
- Tai Chi strengthens the core postural muscles, improves balance and flexibility, and provides excellent stress management
- Great for all ages and fitness levels
- Tai Chi practice is recommended by the



Course includes instruction book and DVD guide.

For more information about the workshop,
email mail@leefamilytaichi.com



WHEN: Saturday October 13th 12:00n-6:00p, &
October 14th 10:00a -4:00p

WHERE: Lexington Athletic Club, 3882 Mall Road,
Lexington, KY 40503. 859-273-3163

COST: \$150. Includes complete instruction book
and training video.

Sign-up at the LAC Front Desk. Class size is
limited, so enroll now.



LEXINGTON ATHLETIC CLUB