



TAI CHI CHUAN & CHI KUNG



- Experience the benefits of these ancient Chinese systems of exercise and meditation.
- Improve your flexibility, balance, muscle tone, energy and mental well being
- Instructor, Ken Marx, has over 30 years experience in these arts.

Tai Chi Chuan
10am—11am

Tao Yin Yoga/Chi Kung
11:15am—12:15pm

Saturdays

****4 classes per session****

October 3 thru October 24

November 7 thru December 5 (No Class Nov. 28)

Cost: \$40 per session; Friends of Green Cay \$30

*****Payment Required at Time of Reservation*****

More Info: Call Green Cay Nature Center @ (561) 966-7000

Palm Beach County Board of County Commissioners

Jeff Koons, Chairman, Burt Aaronson, Vice Chair, Karen T. Marcus,
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County Administrator Robert Weisman

