



Tai Chi for Beginners



Buddha Zhen Shen-Lang:

founder: Shaolin Chi Mantis 1992
founder: Tai Chi Youth 1996
founder: Buddha Kung Fu 2008



Learn the **Tai Chi Short Form** in 16 weeks.

Belt Ranking through the Buddha Kung Fu and Tai Chi Youth nonprofit programs.

Buddha Zhen has been teaching the Yang Style Tai Chi since 1984.
Learn to relieve stress and lose weight.

2 STRIKE PARK

WEDNESDAYS 5:00^{PM}

5107 Rosemont Ave., LaCrescenta, California 91214

\$50 per month. Ages 16 - 60.

www.BuddhaKungFu.com



Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks and Recreation, has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information contact the ADA Coordinator's office at TEL 213-738-2970 TDY 213-427-6118 FAX 213-487-0380; upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio record, video captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.



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