

Berkley Parks & Recreation



WU STYLE TAI CHI CHUAN

BEGINNER CLASS

Learn Wu Style Tai Chi Chuan, an invigorating exercise for health and peace of mind. Careful practice will improve coordination and increase relaxation. Improve your health and concentration and learn to deal with stress more effectively.

Try the 1st class for free!

Thursdays 6:00 - 7:00 pm

ADVANCED CLASS

Wu Style Tai Chi Chuan for advanced students.

Topics include form refinement, pushing hands, 24 forms and meditation. This is for Tai Chi players who have already learned these practices and wish to refine them through practice with others.

Thursdays 7:00 - 8:30 pm

Certified Instructor: Sam Purdy Wu style lineage instructor teaches with the full support of the Wu family. Detailed information about the Wu family and Sam's credentials are available on their web site: www.wustyle.com

**Winter 1 Session Six weeks \$45 (add \$5 non-resident) Starts January 9th
Drop-In for a class for \$9**

To register: call, click or stop in
Berkley Parks & Recreation
2400 Robina 248-658-3470
berkley.maxgalaxy.net



**INTERNATIONAL
WU STYLE TAI CHI CHUAN
FEDERATION**