

Tai Chi Friday

MICHAEL LANDON CENTER AT MALIBU BLUFFS PARK

Fridays

January 27-March 24

24 Form Tai Chi for Beginners

8:15-9:15am

\$135/\$20 class

Traditional Yang Tai Chi 108 Form

9:15-10:15am

\$135/\$20 class

Tai Chi enhances balance, posture, improves mental well being and strength. Classes focus on different forms of Tai Chi.

Instructor: Master Yun



MALIBUCITY.ORG/REGISTER
310.317.1364