CITY OF MALIBU, COMMUNITY SERVICES DEPARTMENT

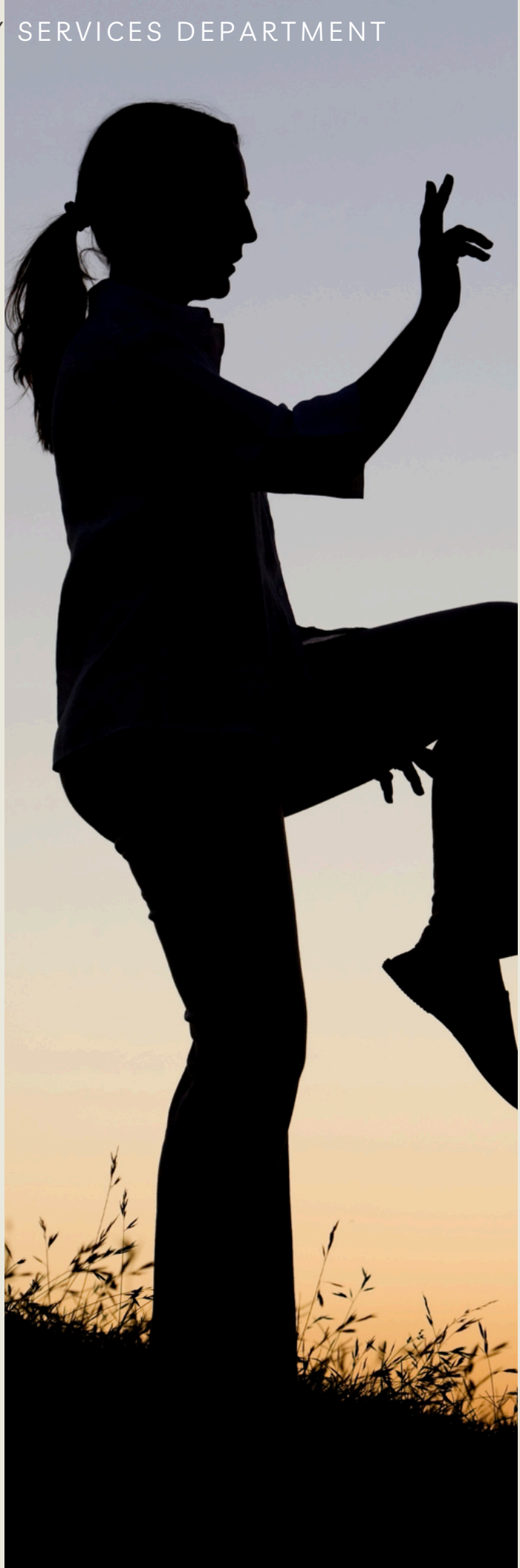
Tai Chi

AGES 18+
MALIBU BLUFFS PARK, MICHAEL LANDON CENTER
$5 PER CLASS

MONDAYS
SEPTEMBER 14 - NOVEMBER 16
12:30 - 1:15 PM

TUESDAYS
SEPTEMBER 8 - NOVEMBER 10
2:30 - 3:15 PM

Tai Chi offers gentle, flowing movements that improve balance, flexibility, and overall strength. Participants learn mindful breathing and coordinated exercises that help reduce stress while enhancing focus and relaxation. Suitable for all fitness levels. Instructed by Michael Manfredo.



310.317.1364
MalibuCity.org/Register