

TAI CHI

Yang Style with Shannon Keenum

Now Available at the PMC Clubhouse

2524 Beechwood Way

- **Mondays 5pm-6pm**
- **Wednesdays 2pm-3pm**
- **Thursdays 9am-10am**



- **Focus your Mind**
- **Strengthen your Body Gently**
- **Improve Cardiovascular Health**
- **Encourage A Healthy Sleep Cycle**
- **Gain Better Balance**

Come relax with Tai Chi where we practice the **8 Silken Brocade Exercises, Beijing 24 Yang Form, as well as Tai Chi Sword. I have 22 years of practice and International competitive experience.** I look forward to sharing Tai Chi with you as a tool to relax, gain personal confidence, and strengthen your body in a gentle capacity. The first class is free so please feel free to come in and establish if Tai Chi is right for you! **Please Contact me at (661) 412-1518 for questions. Pay Instructor.**

◇ **First Class Free** ◇ **\$20/Lesson** ◇

◇ **Take 5 classes get 1 FREE** ◇