

# Tai Chi

無極

Thursdays at 6:30pm

Classes are no charge

New Life Presbyterian Church  
5540 Eubank NE  
North of Spain

David Wilson  
Laoshir

Contact  
[david@wujiart.us](mailto:david@wujiart.us)  
for details

Enjoy Taiji Chuan for healthy and calming exercise, and if you are interested you can learn about its history and about Dave's Chinese teacher and his lineage (Wu Style Taiji Chuan), and about the history of this ancient form of exercise and self-defense.

Taiji Chuan, also known as Tai Chi, is a series of exercises which can be done by people of all ages. New students start with the simplest exercises. At David Wilson's Taiji Chuan classes, less experienced students can come early to our class and work with the teacher, as well as participate throughout the evening, working on exercises which they feel comfortable with.

**LOCATION:** The class is held at the New Life Presbyterian Church at 5540 Eubank, a half mile north of Spain on the east side of Eubank.

**TIME:** Thursdays, 6:30 - 8:30 pm

**CLOTHING:** Wear comfortable clothes that will permit movement. You do not need special exercise clothes, and there is no equipment.

**WHEN DO I BEGIN?:** Feel free to come and observe the class before deciding if Taiji Chuan is an exercise you would like to start. You may begin class any Thursday.

**HOW MUCH IS IT?:** There is no charge for this Taiji Chuan class.

**FOR MORE INFORMATION:** Email [david@wujiart.us](mailto:david@wujiart.us)