

Berkley Parks & Recreation Presents

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!
Wednesdays 6:00 - 7:00 pm

Body • Mind



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.
Wednesdays 7:00 - 8:30 pm

6 weeks \$45 (add \$5 non-resident) Starts August 24th, October 5th & November 16th
Drop-In for a class for \$9



INTERNATIONAL
WU STYLE TAI CHI CHUAN
FEDERATION

To register call, click or stop in
Berkley Parks & Recreation 2400 Robina
248-658-3470 www.berkleymich.org

International Wu Style Tai Chi Chuan
Federation 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