

CHINESE YOGA IN THE PARK



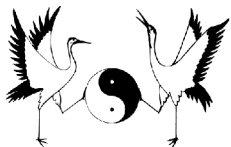
Relaxation and breathing exercises.

BUDDHA ZHEN

818-723-2769

Tues - Thur - Saturdays 10a.m.

Followed by Beginner Tai Chi class 11a.m.



Tai Chi Youth

TaiChiYouth.org/yoga

Tai Chi Youth is a 501(c)(3) nonprofit charity.



Shaolin Chi Mantis