



Peaceful Dragon School

1945 Pauline Blvd., Suite B
Ann Arbor, MI 48103
734-741-0695

Tai Chi - Single Edge Sword - Meditation

Jan 13 – Mar 2, 2012

**8 Week Class for Youth!! (ages 10 - 14)
Fridays, 4:30 – 5:30 PM**

Students will learn a modified section of the Tai Chi Single Edge Sword, practice Tai Chi playful and safe interactive principles, create an animal form, and learn meditation and self acupressure points to maintain a healthy body and mind.

Tuition: \$80 (after December 30 - \$100)

Class Size Limited – Equipment necessary (for details call 741-0695).



About the Instructor

With over 40 years of experience, Wasantha Young is a Master in the arts of T'ai Chi and Chi Kung, has received formal instruction in Taoist and Buddhist meditation, holds a certificate in Acupressure, and received her Master's degree from the Institute of Transpersonal Psychology.

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www.peacefuldragonschool.com