



Felicia Mahood Multipurpose Center
11338 Santa Monica Blvd, Los Angeles 90025
(310) 479-4119



No prior experience necessary. Open to everyone.

Class is done seated and standing.

TAI CHI

Studies have shown that consistent practice of tai chi helps improve

*psychological well-being
nervous system regulation
stress reduction
memory
cardiovascular health*

*strength
flexibility
balance
arthritis*

TUESDAYS
10:00-10:45 AM

Part of the \$10
monthly class pass
Please register in the office

Questions? Email Guy at palisadestaichi1@gmail.com



ABOUT OUR INSTRUCTOR:

Guy Horton began studying tai chi and other styles of kung fu at the age of 13 with Grandmaster Liang Kam Yuen, founder of the Tai Mantis Kung Fu Association and famous for his work on the original Kung Fu TV series. Guy also studied with masters in China and Japan for many years. Recently, he was invited to serve as a lead advisor and instructor for a new NIH-funded UCLA and Tufts Medical School study on the health benefits of tai chi. Guy brings over 35 years of teaching experience and is passionate about sharing the art in a no-nonsense manner, so students may experience the benefits from the first class. He also tailors his classes to best suit the needs of students.

*CLASS IS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS CAN BE MADE WITH PRIOR ARRANGEMENT.