



Palisades Recreation Center  
851 Alma Real Drive, Pacific Palisades, CA 90272

SIGN UP @ LAPARKS.ORG  
OR CALL 310-454-1412



**Tai chi is a verb.  
It means always changing.  
It is the art of mastering  
and improving the self.**

# YEAR-ROUND TAI CHI

**No prior experience necessary.  
Open to everyone.**

**TWO CLASSES TO  
CHOOSE FROM**

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 7:30-8:30 PM  
WEDNESDAYS 11-12**

**FEE: \$60 MONTHLY**

Questions? Email Guy at [palisadestaichi1@gmail.com](mailto: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.

