

**CITY OF MALIBU,
COMMUNITY SERVICES DEPARTMENT**



TAI CHI

MALIBU CITY HALL – SENIOR CENTER

WEDNESDAYS, 9:30 – 10:30AM

JULY 6 – 27

AUGUST 3 – 31

\$5 PER CLASS

**THIS CLASS WILL
PROVIDE INSTRUCTION IN
A SERIES OF SEQUENTIAL
TAI CHI YANG STYLE
MOVEMENTS DESIGNED
TO ENHANCE BALANCE,
STRENGTH, AND
FLEXIBILITY WHILE
RELIEVING STRESS AND
MUSCLE TENSION.
INSTRUCTED BY MARTINE
JOZAN WORK.**



For more information contact the Malibu Senior Center at
310.456.2489 ext. 357 or MalibuSeniorCenter@MalibuCity.org.