

--Now Enrolling--  
**CHINESE YOGA**



**Tuesdays 5:30 pm**

*New Student Special -*  
**2 Months for 49.00**

Explore the Best of the East. Chinese Yoga combines stretching, gentle movement, and meditation into one practice to reduce stress, increase strength and agility, and keep young.

Bring a yoga mat and open mind. Your instructor has over forty years experience.

We meet at - First Reformed United Church of Christ  
513 W. Front St., Burlington. Park at corner of Front & Tarpley,  
enter through door across street. For more and to register, call 336-449-3284.

[www.silktigertaichi.com](http://www.silktigertaichi.com)