



TAI CHI BASICS

Tai chi is part of the Chinese regimen culture. It is a low intensity aerobic exercise form which conditions the body and mind over time by repatterning through the movements. They are simple and easy to learn. The Flushing Library invites famous tai chi expert Mr. Sitan Chen and his team to teach basic forms of movements (including the original tai chi elements).

Limited spots available. First-come, first-served. Participants are required to sign a waiver for each session.


ADMISSION IS FREE.

The program is sponsored by Iris and Junming Le Foundation.

**Tuesdays,
March 19 - May 7
6 pm**

FLUSHING (ROOMS A&B)

41-17 Main Street | 718.661.1200

 to Flushing-Main St.

LIRR Port Washington Line
to Flushing-Main St.

**Q12 Q13 Q17 Q19 Q20A Q25 Q26 Q27
Q34 Q44 Q50 Q58 Q65 Q66**

— PLEASE POST ON CHINESE SIDE —



太极基础课程

太极是中华传统武术的一种，有着悠久的历史，和中国文化息息相关。太极通过柔和缓慢的协调运动和深长细匀的呼吸配合，有益于人的健康。法拉盛图书馆邀请太极名家陈思坦和他的团队开设太极拳基础课程，教授基本的太极动作和套路。

免费课程，参加者需每次填写免责声明表格。

免費入場

本课程由乐俊民严赛虹基金会提供赞助

3月19日至5月7日，每周二晚上六点

法拉盛图书馆 底层A&B大教室

地址：41-17 Main Street

電話：718-661-1200

地鐵：7 至Main Street 終點站下車

長島火車：Port Washington Line 綫在
Flushing-Main Street 站下車。

公交：Q12, Q13, Q17, Q19, Q20A, Q20B,
Q25, Q26, Q27, Q34, Q44, Q50, Q58,
Q65, Q66