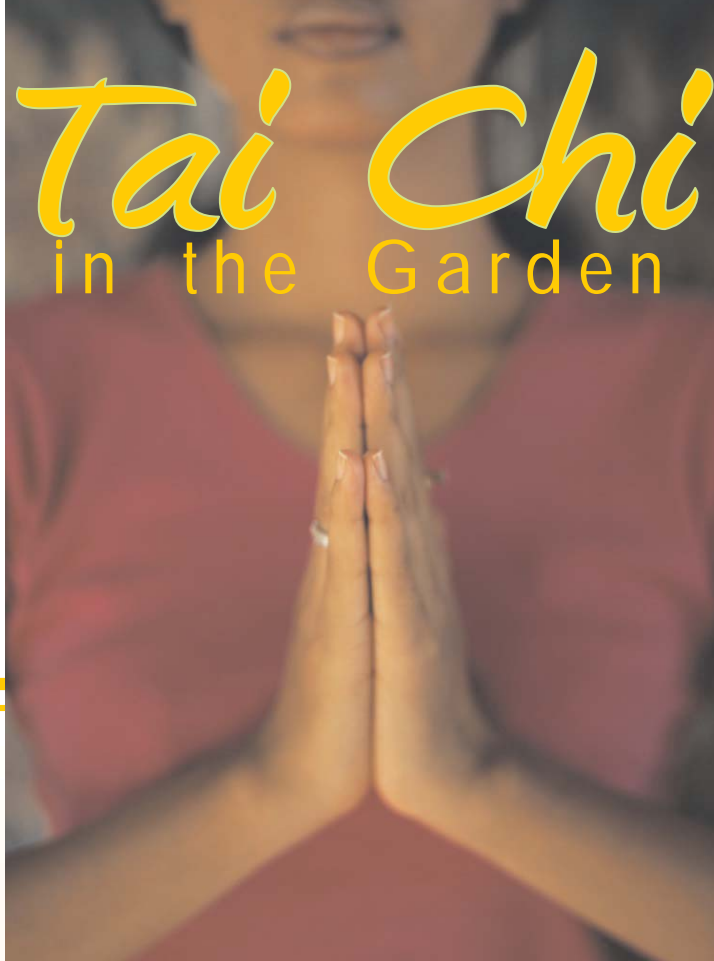


Tai Chi in the Garden



ubcbotanicalgarden
& centre for plant research
AT THE UNIVERSITY OF BRITISH COLUMBIA

10 Sessions

\$75.00(Public) & \$70.00(Garden Member)

6:00pm -8:00pm Thursdays

April 24th to June 26th, 2008

T'ai Chi Ch'uan (Taijiquan)

Yang Style for all ages & abilities.

An internal art of continuous and graceful postures.

Strengthen muscles, improve balance & relieve stress.

Instructor Michael Blackburn brings over a decade of teaching experience.

Pre-registration required.

Call 604.690.5375 or via email to nadine.diner@ubc.ca

UBC Botanical Garden

6804 South West Marine Drive, Vancouver, V6T 1Z4