

# ESSENTIAL Tai Chi

New 4-month Class

YANG FAMILY  
TAI CHI



CLASS WEB PAGE



## More than graceful movements

- Improve balance & mobility
- Build strength & flexibility
- Enjoy community
- Reduce stress

## New class starts October 5th, 2025

- Sundays 10:00-10:55 am
- Kirkland Dance Center
- Suitable for beginners

## Learn more: Drop-in Open House

- 1-3 pm, Sunday September 21st
- Kirkland Dance Center

Questions? Contact us at  
[info@yangtaichiseattle.com](mailto:info@yangtaichiseattle.com)

Taught by JP de Vries  
Instructor, Yang Family Tai Chi

