

TAI CHI CLASSES OFFERED BY WOMAN'S CLUB OF DOUGLASTON



The Woman's Club of Douglaston is delighted to announce new **Tai Chi** classes led by **Ada Kong**. With over 20 years of expertise in Health Qigong and Yang-style Tai Chi Chuan, Ada brings a wealth of knowledge to our community. We invite you to join us in practicing these ancient arts to cultivate a deeper sense of balance, harmony, and well-being.

THE CLASSES WILL BE OFFERED IN THE PARLOR OF THE COMMUNITY CHURCH OF DOUGLASTON

When: On **Wednesdays** at 10:30 a.m. (1 hour class)
Dates: February 25th – March 4th, March 11th
and **Thursday**, March 26th

Cost: 4-class session: \$80 (based on a maximum 20 students)
Single class: \$25

If the class size is smaller than 20 students, the price may increase slightly.

No special clothing or equipment is necessary to take the classes.

Registration and Payment:

To **confirm** and hold your space, please click here to [**sign up**](#) and mail your check payable to the Woman's Club of Douglaston to: to Linda Akers - 105 Grosvenor Street, NY 11363.

[**To pay online click here.**](#)

For more single classes or information, please email womansclubofdouglaston@gmail.com or

Linakers@yahoo.com