

# Flow with Grace!

# Join Tai-Chi

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INSTRUCTED BY  
**Panda Kung Fu  
& Tai-Chi  
Academy**

Immerse yourself in the art of Tai-Chi and experience a journey of inner harmony and tranquility. Join us for an enchanting Tai-Chi class where you'll learn the graceful movements that have captivated minds and hearts for centuries.

- Flow like a gentle river, find inner peace
- Cultivate balance, flexibility and strength
- Open to adults and all skill levels

**Time: 3-4pm | \$330\*** /per school year

**Location: Closed Gym**

Reserve your spot today at [www.ncschool.org](http://www.ncschool.org) or scan the QR code. Don't miss this change to a journey of self-discovery!

\*Please be advised that the sign-up fee for the Tai-Chi class will commence at a minimum of \$100 per participant. However, we would like to emphasize that the final fee is currently under confirmation with the instructors and is subject to potential adjustments. We are diligently working to finalize the fee structure as promptly as possible to provide you with accurate and up-to-date information.

