



## Singapore Pavilion “Tai Chi” classes

### *Tai Chi at the Singapore Pavilion*

“It is said that “Tai Chi” is observed as a white crane preying on a snake, and mimicked their movements to create the unique Tai Chi martial art style. Tai Chi was practiced as a fighting form, emphasizing strength, balance, flexibility, and speed. Through time it has evolved into a soft, slow, and gentle form of exercise which can be practiced by people of all ages.”

Singapore Pavilion will conduct “Tai Chi” classes at the Pavilion by Mr. Choy Yien Chow a renowned Tai Chi Instructor.

### About the instructor

Choy Yien Chow is the founder of the Choy's Brothers Chinese Opera Troupe. The multi-talented Mr. Choy not only performs, instructs, choreographs and directs opera performances, but is also a qualified martial arts instructor.

**Date: 21.May.2005 Saturday**

**Time: 11:30-12:00**

***Come join us!!***

