

## **Singapore Pavilion**

### **“Tai Chi” regular classes open**

The Singapore Pavilion will be conducting free " Tai Chi " lessons every Tuesday starting 7 June. Feel free to join the lesson !

### **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: From 7<sup>th</sup> June every Tuesday**

**Time: 10:00-10:30**

***Come join us!!***