

TAI CHI CHUAN

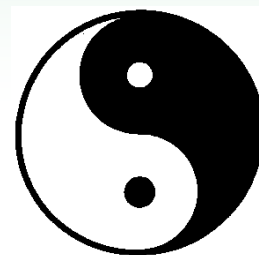
Three Rivers has helped me develop self-confidence, relaxation, and patience. The instructors have given me a whole new perspective on life in general and the martial arts.

Dr. Charles Lackey, D.O.

Tai chi is an art of self discovery. The most popular benefits of this amazing art are relaxation, concentration, performance enhancement, intuitive awareness, self-healing, emotional calming, spiritual development, and self-defense. By relaxing, you learn how to listen to yourself more effectively, and as a result, you become aware of things that have never been in the foreground of your being before. Moving postures and meditative techniques are used to sink you into a relaxed and focused state, leading to a dramatic awareness and increase of your life energy. Gradually, the harmonizing within yourself transcends your practice and makes its way into all aspects of life.

Eric Romanak

Eric studies tai chi under Jason Hawkins, who is a certified instructor under Keith Boggess of the Eastern Currents Chinese Boxing League. Eric also studies under Master Waysun Liao of The Tai Chi Tao Center in Oak Park, Illinois. Additionally, Eric holds rank in Royce Gracie Jiu-Jitsu, Filipino Kali, Jun Fan Gung Fu, and Yoshinkan Aikido.



SCHEDULE

Wednesdays
7:00-8:00 am

Saturdays
8:00-9:00 am

Set up a group class with your friends to fit your schedule. Private lessons are also available.

2343 New Holt Road, Livingwell Centre • Paducah KY 42001 • 270.443.1829 • www.ThreeRiversAcademy.com • trmaa@bellsouth.net



INTRODUCTORY SPECIAL \$25.00

Audition our academy and art(s) before enrolling. Our introductory session includes two classes. First, you will receive a one-on-one, 30-minute class with an instructor to acquaint you with techniques of your chosen art. Then, you can put us to the test with one group class. Invite a friend to participate at no extra charge.

EQUIPMENT Bundles starting at \$43.00

Order Atama or Century through Three Rivers to receive free shipping. Not needed for introductory session.

