



The Lewisburg YMCA at the Miller Center is proud to present a 10-week introductory class for the Beijing 24. This Tai Chi form also known as “The Simplified 24” is aimed at beginners. It uses 24 representative moves from the traditional Yang style. Although it has been simplified by reducing the repetition of moves and some of the more difficult kicks, it contains the important, traditional characteristics and features of the Yang family style. This form enables beginners, young and old, to concentrate on and appreciate the essential principals of effortless movement, relaxation and awareness of the mind and body as one. It is said to be the most popular Tai Chi form practiced today.

The class will be held evenings beginning in 2023, with the dates yet to be determined. The cost will be \$10.00/class and will be limited to 20 students. Our in-house Instructor Michael LaBant, a USMC veteran and certified instructor with the National Qi Gong Association and Master Trainer with the American Tai Chi and Qi gong Association will be offering this class. For more information, please email Michael LaBant at [mwlbjr@aol.com](mailto:mwlbjr@aol.com).