



Summer  
2016

# Integral Tai Chi Class Schedule May 16 – Aug 28

**ITC CENTER:** Hong Kong City Mall 4 — 2<sup>nd</sup> Floor, Suite B-29  
(11205 Bellaire Blvd. – Houston, TX 77072)

|                    |              |                  |                                  |
|--------------------|--------------|------------------|----------------------------------|
| CK10 — Level 1     | Tues & Thurs | 7:00 - 9:00 pm   |                                  |
| CK10 — Level 2     | Tues & Thurs | 5:00 – 7:00 pm   | Completed CK10 – Level 1         |
|                    | Sat          | 10:00 – 12:00 pm |                                  |
| CK10 — Level 1 & 2 | Fri          | 9:00 – 11:00 am  | Completed CK10 – Level 1         |
| CK10 — Level 3     | Sun          | 8:00 – 10:00 am  | Completed CK10 – Levels 1 & 2    |
|                    | Sun          | 10:00 – 12:00 pm |                                  |
| Flat               | Mon & Wed    | 8:00 – 10:00 am  | Completed CK10 – Levels 1, 2 & 3 |
| Advanced Flat      | Mon & Wed    | 7:00 – 9:00 pm   |                                  |
| Meditations        | Tues         | 8:00 – 10:00 am  | Peace Meditation                 |
|                    | Sat          | 7:00 – 10:00 am  |                                  |

*CK10: Level 1 (Warm-up, Frog, Buffalo, Crane); Level 2 (Dragon, Phoenix, Heaven, Earth); Level 3 (Tiger, Butterfly, Turtle)*

## SATELLITE LOCATIONS: *(English-speaking classes)*

|                        |   |                 |                                   |                          |
|------------------------|---|-----------------|-----------------------------------|--------------------------|
| CENTRAL,<br>River Oaks | River Oaks Community Center (CC)<br>3600 Locke Lane – Houston, TX 77027   | Tues &<br>Thurs | 6:00 - 8:00 pm                    | CK10 – Level 2           |
| NORTHEAST,<br>Humble   | Humble Senior Activity Center<br>1401 South Houston – Humble, TX 77338    | Tues &<br>Thurs | 1:30 - 3:30 pm                    | Flow                     |
| NORTHEAST,<br>Humble   | Kingwood Community Center<br>4102 Rustic Woods Dr. – Kingwood, TX 77345   | Mon &<br>Thurs  | 6:00 - 8:00 pm                    | CK10 –<br>Level 1 & 2    |
| WEST                   | Kendall Neighborhood Library<br>609 N. Eldridge Pkwy. – Houston, TX 77079 | Mon &<br>Wed    | 6:00 - 8:00 pm                    | CK10 –<br>Levels 1, 2, 3 |
| NORTH                  | Mangum-Howell Center (Doss Park)<br>2500 Frick Rd. – Houston, TX 77038    | Wed &<br>Thurs  | 7:00 - 9:00 pm                    | Flat                     |
| NORTHWEST,<br>Cypress  | Cypress Monkey Bar Gym<br>13626 Kluge Rd. – Cypress, TX 77429             | Sun             | 8:00 - 10:00 am                   | CK10 –<br>Levels 1 & 2   |
| NORTHWEST              | Lotus Hands Acupuncture Clinic<br>11427 Jones Rd. – Houston, TX 77070     | Tues &<br>Thurs | 6:15 - 7:45 pm                    | CK10 – Level 1           |
| SOUTHEAST              | Parker Williams Library<br>10851 Scarsdale Blvd. – Houston, TX 77089      | Wed<br>Sat      | 6:00 - 8:00 pm<br>9:30 - 11:30 am | CK10 –<br>Levels 1, 2, 3 |
| SOUTHWEST              | Alief Park & Community Center<br>11903 Bellaire Blvd. – Houston, TX 77072 | Sat             | 8:00 - 10:00 am                   | Flat                     |

# Call 832.543.3277 for details!

*Compassionate Service Society – South*

832-LIFE-CSS | [www.css-south.org](http://www.css-south.org) | [www.facebook.com/integralTaiChi](http://www.facebook.com/integralTaiChi)