



Palisades Recreation Center  
851 Alma Real Drive, Pacific Palisades, CA 90272

SIGN UP @ LAPARKS.ORG  
OR CALL 310-454-1412



**IMPROVE BALANCE, STRENGTH,  
MINDFULNESS, AND CONCENTRATION  
WHILE REDUCING STRESS**

**STANDING  
MEDITATION  
SPECIAL CLASS**

LEARN THE FUNDAMENTALS OF **STANDING MEDITATION**, WHICH INCLUDES CORE PRINCIPLES, METHODS, AND BASIC POSTURES ANYONE CAN PRACTICE.

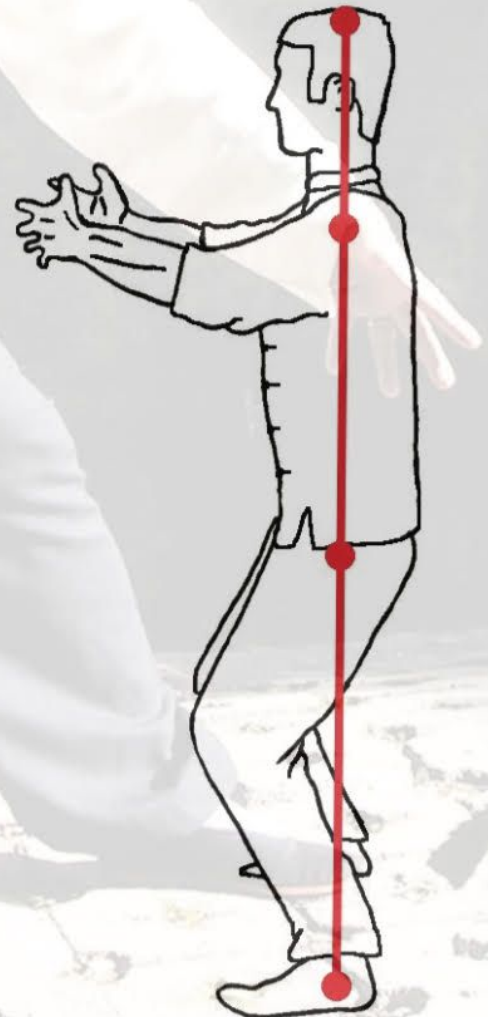
FEBRUARY ONLY  
WEDNESDAYS  
12PM-1PM  
FEE: \$60

STANDING MEDITATION IS A CHINESE FORM OF MEDITATION THAT EMPHASIZES STANDING (SOMETIMES SITTING) IN DIFFERENT POSTURES, ENGAGING THE WHOLE BODY IN DIFFERENT WAYS.

WHETHER YOU HAVE EXPERIENCE OR NOT, THIS CLASS IS FOR EVERYONE. IT IS INCLUSIVE, SUPPORTIVE, AND NON-COMPETITIVE.

**ABOUT OUR INSTRUCTOR:**

GUY HORTON has studied martial arts for over 40 years, including extensive periods in China and Japan. His first teacher, Liang Kam Yuen, was famous for sharing the art and philosophy of authentic kung fu through his work on the original *Kung Fu* TV series. For many years Guy also studied and taught at the Boston Kung Fu Tai Chi Institute. A long-time resident of the Palisades, he has been teaching tai chi at the Palisades Recreation Center since spring of 2023.



billy