

# Explore Tai Chi *with Lee Cloy*



Relax...

**Create** *Rejuvenate*



*Enjoy special discounts on a stay while exploring Tai Chi*

**T**ai Chi as an "internal" martial art has long been practiced and recognized by many world cultures for its tremendous fitness, dexterity, balance, mental clarity and focus. This is especially important for its restorative powers where it may be diminishing in an aging population.

Lee Cloy has 40 years of experience in many types of martial arts, with emphasis on Tai Chi for the last 25 years.

As a Master of these arts, and through the combination of his own skills in several styles, Lee's Tai Chi has evolved into a unique form placing focus on bringing about healing and regeneration in both body and spirit.

Lee Cloy works with new and experienced individuals to help them develop and expand their own Tai Chi skills, creating a more grounded and centered place within themselves from which they can bring more authentic power, energy and peacefulness into their daily lives.

***Call to Book Today***  
**1.800.698.0603**

*"Tai Chi with Lee has lowered my blood pressure and reduced the medication required."*

*"Diminished physical discomfort from a hip injury and knee surgery."*

*"Improved my stance and movement while performing daily chores, thus reducing physical stress on my body."*

*"Lee's smooth and soft form of Tai Chi, like swimming in air, is restorative to my body which calls upon its own healing energies through meditative movement."*

*"Lee's teaching brings a wholeness and connectedness to all parts of my life."*

