



# SILK TIGER SCHOOL OF T'AI CHI CH'UAN

Eric Reiss – Chief Instructor Phone 336-449-3284

[www.silktigertaichi.com](http://www.silktigertaichi.com)

## Class Schedule

- Burlington Burlington YMCA\*\* 336-395-9622  
Tuesday/Thursday 11-12 noon
- Burlington First Reformed U.C.C. 336-449-3284  
Tuesday/Thursday 5:30-6:30 pm (beginner class)  
6:30-7:30 pm (advanced class)
- Greensboro Triad Yoga Institute 336-449-3284  
Tuesday/Thursday 12:30-1:30 pm
- Greensboro The Club at Oak Branch\* 336-851-1890  
Tuesday/Thursday 11-12 noon/Saturday 11:30-12:30 pm
- Greensboro YMCA – Bryan\* 336-272-4146  
Wednesday Evenings 7:00 – 8:30 pm
- Greensboro YMCA – Bryan\* 336-272-4146  
Monday/Wednesday 11-12 noon
- Jamestown YMCA – Ragsdale\* 336-882-9622  
Monday/Wednesday 9-10 am
- Greensboro YMCA – Spears\* 336-387-9631  
Monday/Wednesday 12:30-1:30 pm

Private Classes are available for individuals and small groups, as are corporate wellness programs. Personal development enhances such topics as meditation, push hands, qi healing, and self-defense.

\*Membership is not required in order to participate in T'ai Chi Ch'uan.

\*\*Classes taught by Jane Thomas, Certified Instructor.