

*The Ellen Noël Art Museum presents*

## **Yang Style Tai Chi Chuan Classes**

with



**Sifu B.J. Lincoln**



Enjoy “meditation in motion” through a preset group of slow, graceful movements used for self-defense and health enhancement. Allow TCC classes help you learn to relax, balance, de-stress, focus and find mind-body awareness, flexibility, and range of motion with low-impact exercise. Though TCC movements are slow and relaxing, they require time, dedication, patience, focus, and intensity. During class you will also be introduced to herbal usage and acupressure points.

*Sifu B.J. Lincoln has been involved with martial arts and Yang Style Tai Chi for over 30 years. Over the years, Sifu Lincoln has trained with various masters and acquired knowledge through self-training. He has taught classes at Odessa College and currently instructs classes at the Asbury Methodist Church and MCH Mission Fitness in Odessa.*

### **Class Demonstration and Q&A Session**

Thursday, February 2

10 a.m. Rodman Auditorium, Free



### **Tuesday/Thursday Classes in the Rodman Auditorium**

10:00-11:30 a.m., beginning February 7

Classes during the month of February, \$140.00

*Pre-Registration must be made with the Ellen Noël Art Museum*

Please contact Jessica at the Ellen Noël Art Museum  
for registration, more information, or questions.  
432-550-9696, ext. 210 [jessica@noelartmuseum.org](mailto:jessica@noelartmuseum.org)

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