

# The Changing Dragon

Classes in the Auburn Martial Arts Center

(Behind Kroger, 1013 W. 7th St., Auburn, IN)

Mon. & Wed. 6:00 - 7:30 p.m., Sat. 9:30 - 11:00 a.m.

Visit [ChangingDragon.com](http://ChangingDragon.com) for information on classes and curriculum.



## Tai Chi Qigong Meditation

Join northeast Indiana's most authentic and traditional school for Tai Chi & Qigong and discover how you can enjoy real health, strength, satisfaction and peace of mind!

## 2010 Changing Dragon Special Events



**February 13**

Chinese New Year's Celebration, Year of the Tiger Banquet & Promotions at Qui's (formerly The Mandarin) 1026 E Dupont Rd, Fort Wayne, IN

**April 24**

World Tai Chi & Qigong Day Celebration and FREE Introductory Tai Chi Class at the Auburn Martial Arts Center.

Find out about all the health benefits of Tai Chi and Qigong.



CLICK HERE TO SEE VIDEO OF OUR 2009 WORLD TAI CHI DAY CELEBRATION.



CLICK HERE FOR DETAILS AND FULL SCHEDULE OF FREE SESSIONS



**June** Tai Chi & family picnic at Pokagon State Park, Fremont, In.



**July**

Workshop with Grandmaster Frank DeMaria of the American Center for Chinese Studies at The Peaceful Dragon, Charlotte, NC

**August**

Tai Chi & family picnic on Holiday Lake, Garrett, IN



**October**

Mountain Tai Chi Retreat with Master Eric Sbarge Asheville, NC

For more information contact Sifu Greg Vick at 260-925-1648 or email [staff@changingdragon.com](mailto:staff@changingdragon.com)