



*Lincoln Gallery*  
THOMPSON VALLEY ART LEAGUE

# New Zen and Tai Chi Class



What: Guided Meditation

When: Fridays 12:00pm-12:30pm

What: Yoga

When: Wednesdays 6:00pm-7:00pm

What: Tai Chi

When: Saturdays 11:00am-12:00pm

Where: Lincoln Gallery, 429 N. Lincoln Ave. Loveland 80537

Cost: \$5 for meditation & Tai Chi; \$10 for yoga -- drop in.

For more information visit [www.lincolngallery.com](http://www.lincolngallery.com) or call 970-663-2407