

5-MONTH TAI CHI JOURNEY:

A PATH TO BALANCE AND INNER PEACE
LEARN THE YANG FAMILY 108 LONG FORM

With Dave Pankey

Are you looking for a holistic practice to improve your physical and mental well-being? Look no further than Tai Chi! This ancient Chinese discipline is for everyone, regardless of age, fitness level, or experience.

MUST JOIN THIS COURSE BY THE SECOND WEEK OF JANUARY



Bea You Yoga Studio
Second Floor inside the Means Building
313 D St. Ste. 200
Lewiston, ID. 83501

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IN THIS COURSE, YOU'LL LEARN THE FUNDAMENTALS OF TAI CHI, AND BUILD UP TO LEARN THE YANG FAMILY 108 FORM

Benefits and why you may consider Tai Chi:

- Improves balance, flexibility, and coordination
- Reduces stress, anxiety, and depression
- Boosts energy and vitality
- Enhances mental clarity and focus
- Supports weight management and cardiovascular health
- Fosters community and connection

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Swipe to Meet Dave and for Details

Dave Pankey

Dave Pankey, a 5th generation Idahoan and proud LHS graduate! With a lifelong passion for martial arts, Dave began his journey in 1981 and has been practicing Tai Chi and Qigong for over 30 years.

He continues to study with renowned masters, refining his skills and deepening his understanding of these ancient practices. A black belt holder in Tang Su Do and certified instructor from Northwest Tai Chi, Dave has been sharing his knowledge and expertise with others for 25 years. His teaching style is informed by his rich experience and commitment to the art. When he's not teaching, Dave enjoys spending time with his family - he's happily married with two daughters, also LHS students! He enjoys riding his Harley, and with his family, they love boating, catching a movie, or escaping to their mountain cabin.



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LET'S GET STARTED

DETAILS PART 1

Consistent attendance is encouraged. Each class will build on the last.

Class Details:

- Tuesdays and Thursdays at 10:30 AM
- January - May 2026
- Must join by the second week of January

Registration:

- Purchase a "Tai Chi Course" Pass:
 - 5-class pass: \$70
 - 10-class pass: \$130
- Passes can be used for our other classes on the schedule (Memberships not accepted for this course)

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DETAILS PART 2

What to Expect:

- Learn the yang family 108 long form
- 60-minute classes with expert instruction through Dave

What to Wear:

- Comfortable clothing
- Bring a separate pair, for indoor use only, flat-soled shoes

Important:

- Join us by the second week of January to secure your spot
- No registrations accepted after the first two weeks of January

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SIGN UP NOW

Head over to BeaYouYoga.PunchPass.com
(link in bio) and purchase your passes and save
your spots in classes.

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