

# 5-MONTH TAI CHI JOURNEY: A PATH TO BALANCE AND INNER PEACE LEARN THE YANG FAMILY 108 LONG FORM

**With Dave Pankey**

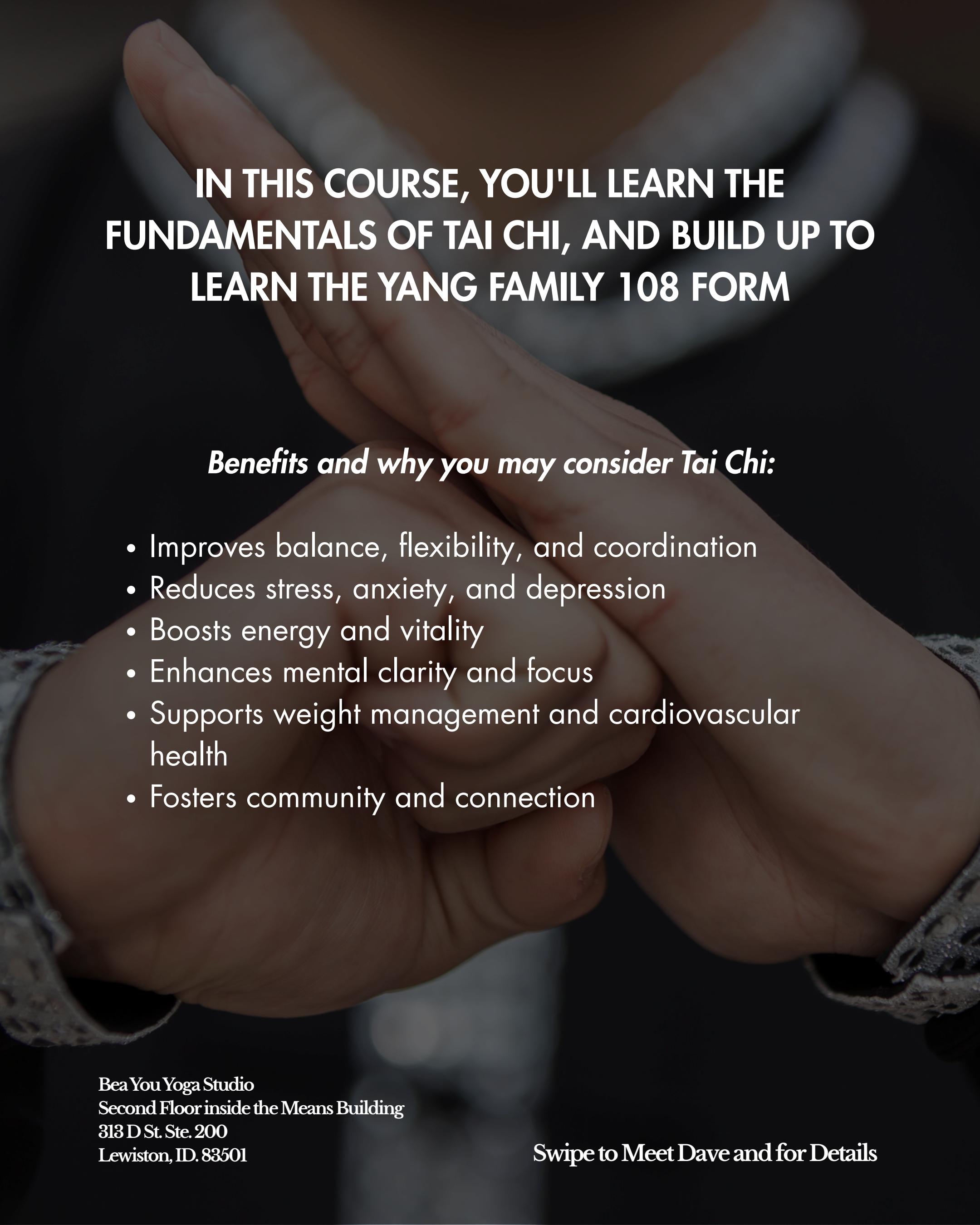
**Are you looking for a holistic practice to improve your physical and mental well-being? Look no further than Tai Chi! This ancient Chinese discipline is for everyone, regardless of age, fitness level, or experience.**

**MUST JOIN THIS COURSE BY THE SECOND WEEK OF JANUARY**

A close-up photograph of two hands performing a Tai Chi fist. The hands are clasped together with the thumbs and index fingers interlocked. The hands are positioned in the center of the frame, with the background being a dark, out-of-focus image of what appears to be a person in traditional Chinese clothing.

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

**Swipe for Details**



# 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

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

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.



Swipe for Details

# LET'S GET STARTED

## DETAILS PART 1

Consistant 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)

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

[Swipe for Details](#)

# 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

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

[Swipe for Details](#)

# *SIGN UP NOW*

Head over to [BeaYouYoga.PunchPass.com](http://BeaYouYoga.PunchPass.com) (link in bio) and purchase your passes and save your spots in classes.

***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

