

TAI CHI JOURNEY:

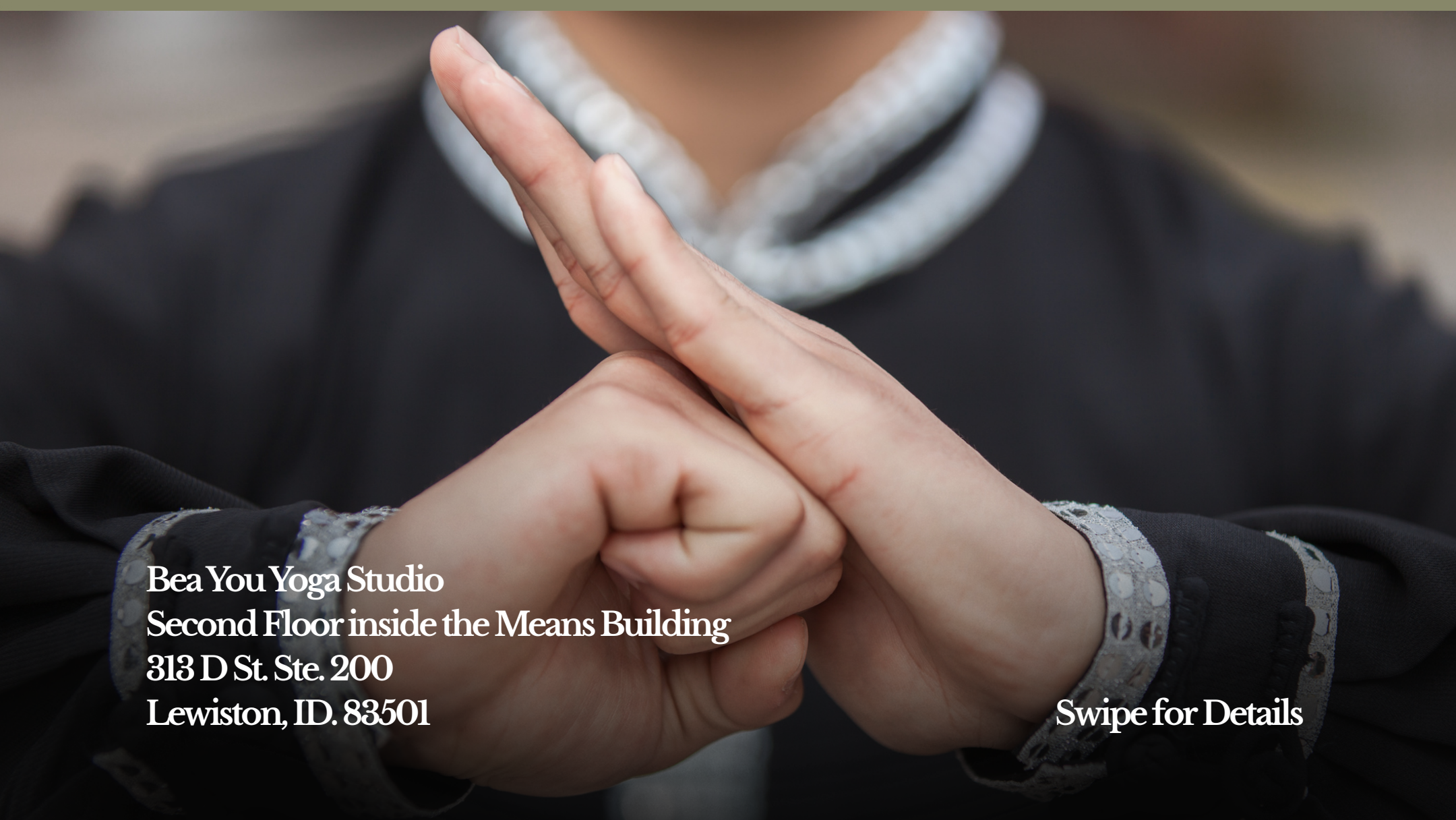
A PATH TO BALANCE AND INNER PEACE

LEARN THE YANG FAMILY 108 LONG FORM

With Dave Pankey

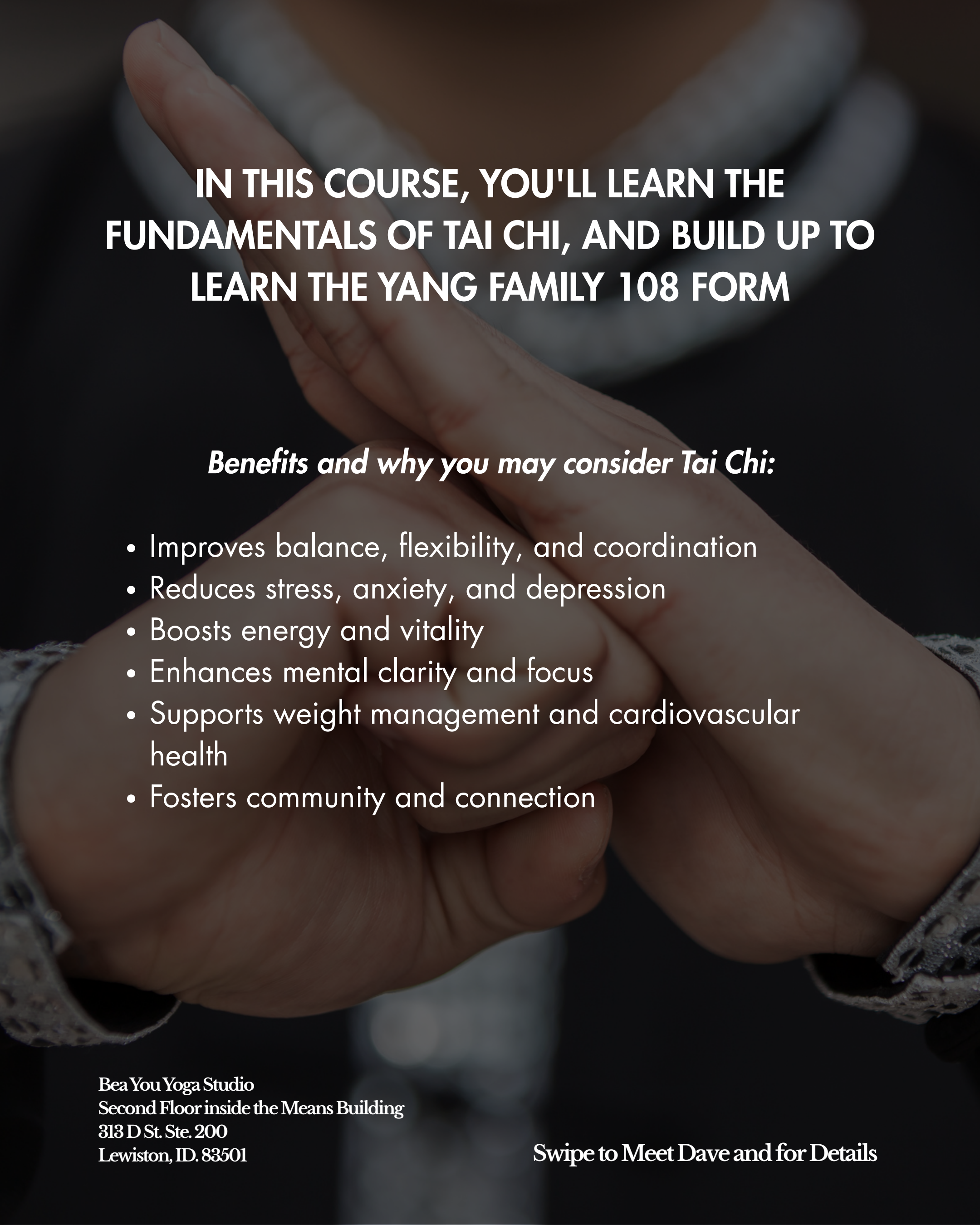
Are you looking for a holistic practice to improve your physical and mental well-being? Look no further than Tai Chi! This ancient Chinese discipline is for everyone, regardless of age, fitness level, or experience.

MUST JOIN THIS COURSE BY THE SECOND WEEK OF SEPTEMBER



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

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

Class Details:

- Intermediate - Wednesdays | 10:30 am
- Beginner - Tuesdays | 10:30 am
and
Thursdays | 7 pm
- September - November 2026
- Must join by the second week of September

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
- 90-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 September to secure your spot
- No registrations accepted after the first two weeks of September

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
(link in bio) and purchase your passes and start
saving your spots in classes.

MUST JOIN THIS COURSE BY THE SECOND WEEK OF SEPTEMBER

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

