

LEXNC PRESENTS



Countdown to the Olympics: China Series



www.LEXNC.com

970-493-9495

corner of Howes and Magnolia

An Olympic Staycation! What could be more fun?

All lessons include basic Chinese phrases for use with friends and family

Children can enjoy the multicultural playroom during your class time \$3/child.

Chinese Calligraphy

Learn the ancient techniques of brush calligraphy and see writing as an art form. Calligraphy is not only loved and practiced by Chinese, but is seen as an important treasure of their heritage. In class you will write your name and the names of your family members. Makes wonderfully personalized gifts.

Eggcellent Chinese Painting

Discover the ancient art of adorning eggshells, something the Chinese have done since 900 B.C. ! In addition use your newfound skill to create a decorative fan.

Chinese BeauTea

Chinese beauty secrets revealed! Learn the healthful benefits of tea while mixing herbs to create a tea unique to you. Traditional Chinese beauty tips will finish off this relaxing, fun, and informative class.

Dim Sum Anyone?

Simple, fresh, and healthy; hallmarks of Chinese cuisine. Whip up a refreshing entree perfect for the hot summer evenings. Soup and artisan flower bread complete your family meal.

Mommy Chi

Three methods to maintain health, vigor, and great attitude: 1) Learn how you and your family can begin each day as millions of Chinese do, with Tai'Chi. 2) Harness the energy of life by mastering the basic Kung Fu moves taught to all elementary school children in China. 3) Follow up by learning self massage techniques every mother needs and deserves after the long summer days of chasing after the kids.

Kids Classes

Club Ni Hao meets every Wednesday in July 10:00-10:45. Sing and Play with Mommy in Mandarin Chinese ages: 18-36 months. \$12/class. Minimum of 6 children. Bring your play date friends!

Introduction to Chinese Culture for youth: ages **6-10 years** \$12/ class.

Meets 7/11 and 7/18 from 1:00-2:00pm

ages **10-14 years** \$18/class Meets 7/25 1-2:30pm

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