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Four super ways to relieve stress and feel great:

★ TAI CHI ★ YOGA ★ KUNG FU ★ MEDITATION



Don't just exercise - develop your mind, body and spirit!
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health and fitness, confidence, self-defense skills,
self-discipline and greater satisfaction.

"The Peaceful Dragon is the Harvard of martial arts schools - one of the top
programs and one of the most beautiful facilities in the country."

— Kathy Crowe, Graphic Designer, Charlotte, NC

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704-504-8866, or visit
ThePeacefulDragon.com

"Few things will improve your life as much
as classes at The Peaceful Dragon."

— Wes Adams, 33, Indian Trail, NC

Spring Special!
HALF OFF
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offer. Not valid with other
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