

# SHAO LIN MARTIAL ARTS & ZEN CENTER CELEBRATING 14 YEARS SERVING NE OHIO!



26406 Lorain Road next to Boston Market in North Olmsted!

We now offer a full range of family friendly martial art classes as well as non-invasive spa services, all put together in a family environment! WI-FI Available!

Tai Chi Chuan  
Kung Fu both Adult & Child Classes  
Self Defense Programs for Women  
Qigong with Meditation  
Accupressure  
Guided Meditation  
Monthly Drum Circles

Massage-Full or Specific  
Reiki Energy Treatments  
Tarot Card Readings  
Chakra Cleansing  
Tui Na Massage  
Aura Readings  
Monthly Psychic Nights

Our Community Room in the Zen Center will be hosting several training classes on a wide variety of subjects. Some of these are computers, web design and guitar to name just a few. The Zen Center is always open during any Martial Arts classes so please stop in!!

To make an appointment or for further information, contact Michelle Clark at 440-552-9131 between 9am and 9pm Monday through Saturday. Appointments are available for mornings, afternoons and evening to include weekends! You are welcome to email Michelle at [clarkmish@energizeyourworld.net](mailto:clarkmish@energizeyourworld.net) for information and we will add you to our mailing list!

**MOST CLASSES: ADULTS \$10 PER VISIT, MAX \$100 FOR FULL MONTH  
CHILDREN \$8 PER VISIT, MAX \$80 FOR FULL MONTH, UNLIMITED USE!**

**DAYCARE ASSISTANCE DURING ADULT CLASSES NOW AVAILABLE!!!  
ADVANCED NOTICE FOR THIS SERVICE APPRECIATED!!**

**LOVE & LIGHT BLESSINGS, HOPE TO SEE YOU SOON**