

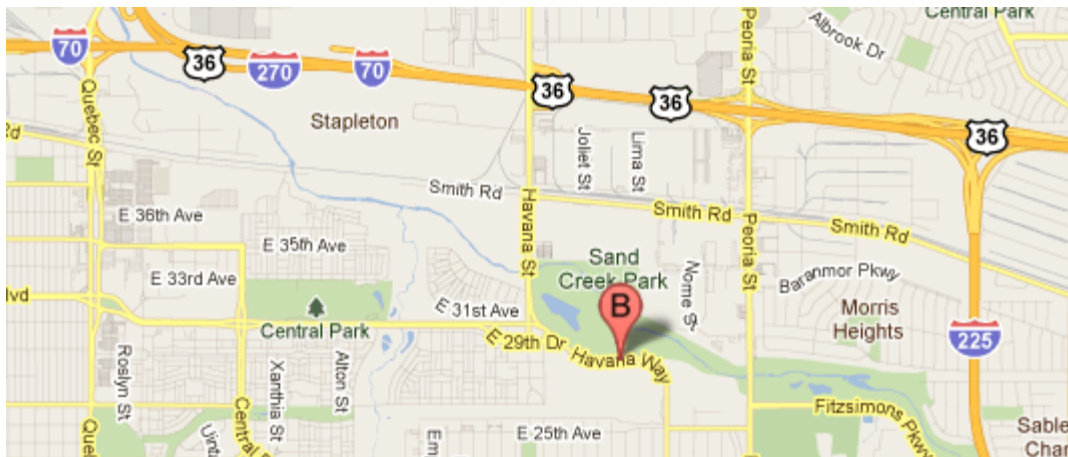


BLUFF LAKE  
NATURE CENTER  
*Wildlife Refuge ~ Outdoor Classroom*

# Invitation to Come Play Tai Chi!

## Sunday Morning Tai Chi and Chi Gong Practice *Gather in the **Rainbow** to Radiate the Colors*

Are you looking for a natural space to practice your tai chi and chi gong?  
Join us on Sundays from 7:30 am -9:00 am.  
No Charge. No instructors. No crowds.  
Whether you practice for meditative, medical or martial arts purpose,  
feel free to roam Bluff Lake's wildlife refuge trails.



Bluff Lake Nature Center is located on the eastern edge of the former Stapleton airport, along Sand Creek. Finding the site can be a bit tricky the first time. This is in part due to the changing neighborhoods around the site and the fact that there is no mailing address to rely on for the site. The map and directions can be found at [blufflakenaturecenter.org](http://blufflakenaturecenter.org).

### ***Know Before You Go***

Open sunrise to sunset every day, Bluff Lake is a special place offering protection for our wildlife inhabitants. Please stay safe and help us keep Bluff Lake wild and natural by following our wildlife friendly rules.

- Stay on trails & walk quietly. Loud noises will scare wildlife and disturb other visitors.
- No Dogs: even leashed dogs stress wildlife, please walk pets elsewhere.
- No food or drink beyond the bluff.
- No alcohol or drugs.

A complete list of park rules is available at our website: [blufflakenaturecenter.org](http://blufflakenaturecenter.org).