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## Tai Chi for Taoist Meditation Weekend with Bruce Frantzis

### Chicago Information

We look forward to seeing you October 12 - 14 in Chicago. We provide some information below to help plan your trip.

**Chicago – a world class city.** Chicago has become a tourist mecca, drawing more than 50 million visitors annually. Renown for museums, music, food, architecture, a vibrant City center, and diverse ethnic neighborhoods, Chicago offers a multitude of sights, activities, and culture. If your schedule allows, consider adding a day or more to your visit to check out some of what the City has to offer. A few favorites:

**The Art Institute of Chicago.** <http://www.artic.edu/> Named the world's best museum by TripAdvisor, the Art Institute is a treasure chest of painting, sculpture, and much more.

**Millennium Park** [www.millenniumpark.org](http://www.millenniumpark.org) A spectacular park in the heart of the City.

**Buddy Guy's Legends** <http://buddyguy.com/> or  
**Blue Chicago** <http://www.bluechicago.com/>  
Two Blues venues in the City center

**The Willis Tower** <http://www.willistower.com/> (108 stories) or

**The Hancock Building** <http://www.johnhancockcenterchicago.com/> (100 stories)

If you want to check out the view from 90+ stories, try either the Willis Tower or the Hancock Building.

**Seminar Venue: Chicago Tai Chi and Enso Karate, 412 S. Wells, 7<sup>th</sup> floor.** The studio is located in the Financial District and convenient to public transportation.

**Transit.** Chicago has a train system and extensive bus system. For more information, check out <http://www.transitchicago.com/> You can reach the studio via Chicago's "El", the elevated train system. (Blue Line – LaSalle St. station, Brown/Orange/Pink/Purple Lines – LaSalle/Van Buren Stations).

**Lodging.** A wide range of lodging is available within walking distance of Enso. A few options are:

Hostel International Chicago <http://hichicago.org/>

Club Quarters Hotel Central Loop <http://clubquartershotels.com/chicago/central-loop>

Travelodge Loop <http://www.travelodgechicago.com/>

Literally hundreds of other lodging options are available for most budgets and tastes.

**Dining.** Chicago is a top US dining destination, with choices of every palate and budget. Just a few favorites in or near the City center:

**Pizza.** Bacino's on Wacker <http://www.bacinos.com/wacker/about.html> (The deep dish spinach and mushroom is amazing.)

**Vegetarian.** Native Foods Café, 218 S Clark St

**Italian.** Francesca's On Taylor <http://www.miafrancesca.com/locations/profile/francescas-on-taylor-little-italy>

If you need more information, you can contact event host Chris Cinnamon at [chris@chicagotaichi.org](mailto:chris@chicagotaichi.org)