

# TAI CHI WORKSHOP

**Balance; Flexibility;  
Strength & Relaxation**

**Spencer Lodge –  
Scouts Canada**

531 Windermere Road  
London, N5X 2T1



**Saturday November 3<sup>rd</sup> from 10 AM to 4 PM**

Cost: \$35 CTCA Members, \$40 Non-Members

Lunch: \$10 Catered Thai Menu



Come and spend the day working to improve your Tai Chi. A day long workshop provides an excellent opportunity to exercise and change your physiology.

The morning session will focus on discovering the Five Animals (Tiger, Leopard, Snake, Dragon & Crane) in Master Moy's Tai Chi set. The afternoon session will focus on Tai Chi from a women's perspective. We will explore how moves are different for women and men including the differences between male and female physiologies.

The Canadian Tai Chi Academy teaches the 108-move Tai Chi set as developed by **Master Moy Lin-shin**. This is a Yang Style set Master Moy modified to maximize the health benefits of this ancient Chinese art.

Contact us at: [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca) or 226-270-8502

More Information at: [www.LondonTaiChi.ca](http://www.LondonTaiChi.ca)

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## LONDON

**Introduction to Tai Chi  
Courses**

North West

St. Ansgar Church  
Sherwood Forest

North Central

Spencer Lodge - Scouts  
531 Windermere Road

South Central

Elmwood Presbyterian  
Church, Wortley Village

South West

St. Anne's Church  
Byron

North East

Coming Soon

**Special Promotion**

All new members that sign-up and pay for three months get the fourth month free!

**CANADIAN TAI CHI  
ACADEMY**

**226-270-8502**

[www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org)