

REGIONAL TAI CHI INSTRUCTOR TRAINING WORKSHOP



**Balance; Flexibility; Strength &
Relaxation**

River City Vineyard, Sarnia
260 Mitton Street N

Saturday September 7th from 10 AM to 4 PM

Free: CTCA Members Only

Lunch: to be determined



The Regional Instructor Training Workshop is an opportunity for all instructors in south-west Ontario and beyond to get together and improve their instruction skills. The workshop is open to all members interested in teaching or helping with a class now or in the future.

The first focus of this session will be on how to teach the moves in the second half of the set from a beginner perspective. The second focus will be on how to work with a group to encourage sitting and stretching in the movements.

Send Registration Email / Special Food Requirements by Sunday August 25th to: Sarnia@CanadianTaiChiAcademy.org