

TAI CHI WORKSHOP

**Balance; Flexibility;
Strength & Relaxation**

**Elmwood Avenue
Presbyterian Church**

111 Elmwood Ave

Saturday August 24th from 10 AM to 4 PM

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

Lunch: \$10 Soup, Salad, & Sandwiches



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 how to practice the supported Tor-yu and Don-yu which is helpful for all members including those with balance and health concerns. The afternoon session will focus on the moving meditation aspect of the Tai Chi set as well as how to practice and teach the standing meditation done at the end of the set.

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 or **226-270-8502**

More Information at: www.LondonTaiChi.ca

Follow us on **Facebook**

www.facebook.com/canadiantaichiacademylondon/



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