

# CTCA National -Tai Chi Workshop

## ***FORM AND FLOW OF TAI CHI***

The workshop schedule as it now stands.

Please check back as the program is still evolving.

MEET & GREET	No charge
Friday, October 12	18:00 to 21:00

Saturday, October 13	\$50		
CHECK IN	09:00 to 09:30		Foyer
TAI CHI	09:30 to noon		Gym
LUNCH	12:00 to 13:00		Multipurpose room
TAI CHI	13:00 to 16:30		Gym
HEALTH PROMOTION	13:00 to 16:30		Multipurpose room

Sunday, October 14	\$50		
TAI CHI	09:30 to noon		Gym
SWORD	09:30 to noon		Multipurpose room
LUNCH	12:00 to 13:00		Multipurpose room
TAI CHI	13:00 to 16:00		Gym

During this National Tai Chi Workshop we are also offering two special workshop sessions in a smaller room. The tai chi workshop will continue in the large hall while these sessions run.

The first is a Health Promotion Workshop with instructor Rick Goffic to be held Saturday afternoon. This is open to everyone who is interested in the seated exercises and limited mobility approaches. We encourage seasoned HP instructors and training HP instructors to attend so that the group can draw upon shared experiences. We began this process at the Commemorative Workshop in June in Toronto and now want to continue it out west.

The second session is the Sword Workshop with instructor James Elser on Sunday morning. James ran a sword workshop earlier this year so this is a chance to build on what you have already learned from him. This workshop is only for those who know the sword set as we cannot accommodate those who want to start learning sword. Please bring your sword for the session

Location: North Saanich Middle School. 10400 Mcdonald Park Rd,  
North Saanich-Sidney, BC V8L 0A3

Host Branch: Saanich Peninsula PO Box 2103, Sidney, BC V8L 3S6

Workshop Email: [saanichpeninsulabranch@gmail.com](mailto:saanichpeninsulabranch@gmail.com)

Wendy: T: 250 656-1334 (Pacific Time)...mention Tai Chi to reception

## **CTCA – National Workshop 12 to 14 October 2018**

**ACCOMMODATIONS:** We have reserved some rooms in Sidney for the workshop.

We strongly encourage booking your accommodations EARLY.

There are also many B&Bs, cottage and vacation options in Sidney, North and Central Saanich.

Main hotels in Sidney include Best Western-Emerald Isle, Pier, Travel Lodge. Quality Inn Waddling Dog is in Saanichton just off the 17 Hwy and Howard Johnson in Royal Oak.

Billets are limited. If you need a billet, please indicate on your registration form. They will be on a first come, first served from registration & requests.

**TRANSPORTATION:** Victoria International Airport YYJ is located in Sidney-North Saanich. We will arrange transport to and from the airport and to and from local hotels to workshop. Please email us your arrival and departure times and flights to [saanichpeninsulabranh@gmail.com](mailto:saanichpeninsulabranh@gmail.com)

Car rentals can be arranged when booking flights. Another option is GSA Auto Rentals. This is a local firm and is offering our members 15% discount on current rates. 9800 Mcdonald Pk Rd #104 T: 250 655-5038 website: <http://gsaautorentals.com/>

**COST:** The cost for both days will be \$100 for members and \$120 for non-members.

There is the option to attend just one day for \$50. The fee includes snacks, water, tea and lunches on Saturday and Sunday. Let us know if you have dietary issues and we will do our best to accommodate your needs.

We are working on an optional dinner on the Saturday evening. This will be an extra cost for participants. Please indicate your interest in this on your registration form.

**RECREATIONAL ACTIVITIES:** The area and Vancouver Island is a mecca for tourists of all types. Let us know if you need more information on what the area has to offer.

**REGISTRATION:** Please register by emailing your form to us at:

[saanichpeninsulabranh@gmail.com](mailto:saanichpeninsulabranh@gmail.com)

Saanich Peninsula members – please return your registration and payments directly to your regular instructors.

**PAYMENT:** We are requesting Saanich Peninsula members to submit your completed registration form and a cheque or cash payment to your regular instructor.

Out of town members may pay their fee at the workshop, by mailing a cheque & completed registration form addressed to Saanich Peninsula -CTCA or by e-transfer to:

[saanichpeninsulabranh@gmail.com](mailto:saanichpeninsulabranh@gmail.com)

Mailing address: CTCA Saanich Peninsula Branch, PO Box 2103, Sidney, BC V8L 3S6

**WORKSHOP CONTACTS:**

Questions can be directed to Wendy @ 250 656-1334

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