

REGIONAL TAI CHI WORKSHOP

**Balance; Flexibility;
Strength & Relaxation**

**Elmwood Avenue
Presbyterian Church**
111 Elmwood Avenue
(Wortley Village - London)

Saturday April 28th from 10 AM to 5 PM
Cost: \$35 CTCA Members, \$40 Non-Members



Come and spend the day working to improve your Tai Chi. The workshop will be led by Doug Nettleton a long-time student of Master Moy. A day long workshop provides an excellent opportunity to exercise and change your physiology.

Lunch is potluck hosted by the London Branch. Contact us directly if you require accommodation information (billets available). Parking available behind the church. Restaurants walking distance from the church.

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
St. Luke's Church
@ UWO Gates

South Central
Elmwood Presbyterian
Wortley Village

South West
St. Anne's Church
Byron

North East
Siloam United Church

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