

*** NEW LOCATION ***

REGIONAL INTRODUCTION TO SABRE WORKSHOP

Weapon Set



Spencer Hall – Scouts Canada

531 Windermere Road

Saturday June 23rd from 10 AM to 5 PM

Cost: \$40 CTCA Members, \$50 Non-Members

Lunch: \$10 (Catered Thai Menu)



Learn the Tai Chi Sabre weapon set. The workshop will be led by David deBelle a long-time student of Master Moy. Challenge yourself to learn a new set and experience how the Sabre can help to open and stretch your physiology.

Sabres will be available to borrow for the workshop. Cost to purchase your own wooden sabre: **\$30**. Contact us directly if you require accommodation information (billets available).

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

Scouts Spencer Hall
Windermere Rd

South Central

Elmwood Presbyterian
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

**London Regional Sabre Workshop
June 23, 2018**

**Lunch Menu
Cost: \$10**

Steamed Rice

Chicken Rice Soup (Congee): Jasmine Rice soup with shredded chicken, ginger and spring onion

Thai Spring Rolls: Meat stuffing in a crispy wrap served with sweet and sour sauce

Crispy Tofu (Tao-Hoo-Tod): Tofu in crispy wrap, fried fresh until golden brown with a sweet and sour sauce

Mango Salad: fresh julienned green mango with peanuts, red onions, mint, coriander, red sweet pepper, palm sugar and lime juice

Pad Thai: Rice noodle with stir fry, fresh shrimp, chicken, tofu, eggs, bean sprouts and tamarind sauce with peanuts and lime

Vegetarian Noodle

Ginger Beef: Beef slices with aromatic mushrooms, fresh ginger, onions and special sauce

Mango Chicken: Fresh sweet mango, chicken, green beans, carrots, bell peppers in a garlic chili sauce

Thai Style Eggplant Delight (Vegetarian): Eggplants, bamboo shoots, red & green peppers, sautéed with special sauce

Vegetable Currie: mixed vegetables, tofu, thai sweet basil, red curry and coconut milk base

Steamed Green Vegetables with Garlic (Bok Choi)

Dessert

Tea

Catered by Mia's Bistro (Wortley Village)

You are welcome to bring your own food for lunch.

There are local restaurants within a short driving distance if you choose to eat out.

