

REGIONAL TAI CHI INSTRUCTOR TRAINING WORKSHOP

Balance; Flexibility; Strength & Relaxation

Spencer Lodge – Scouts Canada

531 Windermere Road
London, N5X 2T1

Saturday September 15th from 10 AM to 4 PM

Free: CTCA Members Only

Lunch: Potluck



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 morning session will focus on teaching an Introduction to Tai Chi class: teaching techniques, 5 principles, resources available. The afternoon session will focus on understanding the normal form as defined by Master Moy. The benefits of the normal form will be examined.

Contact us at: info@LondonTaiChi.ca or 226-270-8502

More Information at: www.LondonTaiChi.ca

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