

# Introduction to Tai Chi

## 3 OPEN HOUSES

Fri., January 25 9.00-10.30 am

Sat., January 26 9.00-10.30 am

Thu., February 7 7.00- 8.30 pm

*Move to improve balance, flexibility,  
focus, strength. Young and old  
can benefit from this time  
tested art of connected  
moves.*



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[www.CanadianTaiChiAcademy.org](http://www.CanadianTaiChiAcademy.org)

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