



CTCA National -Tai Chi Workshop

FORM AND FLOW OF TAI CHI

12 to 14 October 2018

Instructor: Doug Overholt

Times:

Meet & Greet	6:00p to 9pm	Fri Oct 12,
Workshop	9:00a to 4:00p	Sat Oct 13
Health Promotion	1:00p to 4:00p	
Workshop	9:00a to 4:00p	Sun Oct 14
Sword	9:00a to 11:30	

Where: North Saanich Middle School

10400 Mcdonald Park Rd, North Saanich – Sidney, BC V8L 0A3

Cost:

CTCA Members Non-CTCA Participants
\$100 both days (\$50 1 day) \$120 both days (\$60 1day)

Includes: snacks, water, tea; lunch on Saturday & Sunday

Contact: Wendy @ saanichpeninsulabranh@gmail.com

250 656-1334 (mention you are calling about tai chi)