

REGIONAL TAI CHI INSTRUCTOR TRAINING WORKSHOP



**Balance; Flexibility; Strength &
Relaxation**

St. Johns Parish Hall, Simcoe
883 Norfolk Street South, N3Y 2W1

Saturday June 1st from 10 AM to 4 PM

Free: CTCA Members Only

Lunch: Provided by Simcoe Branch (No Cost)



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 first focus of this session will be on how to teach the snake. The second focus will be on how to teach stretching in the Tai Chi movement. Finally, we will explore how to use Tai Chi to open the three gates.

Send Registration Email / Special Food Requirements by Friday May 24th
to: **Sandra Honsberger** sandrajh4@yahoo.com