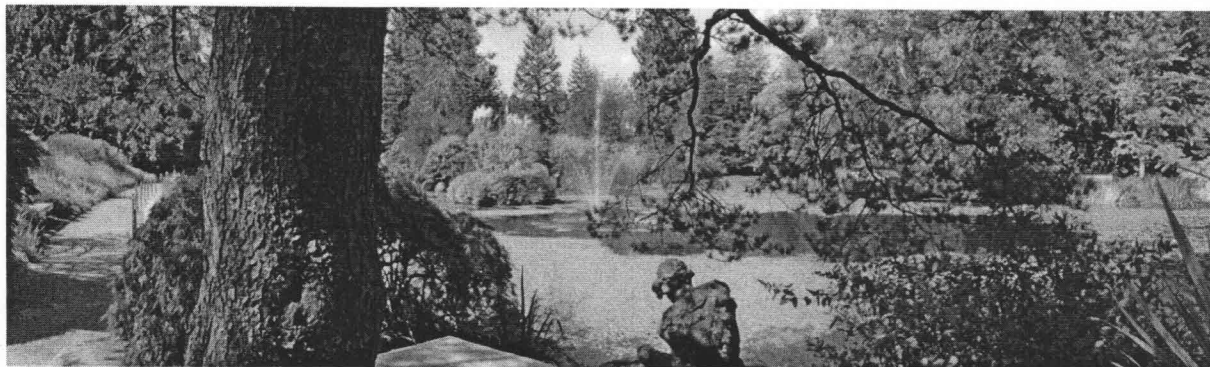




CTCA Vancouver - West Coast Workshop

September 28-29, 2019 in Vancouver



Van Dusen Gardens

5251 Oak Street, Vancouver

Workshop Cost: \$85 Members; \$50 Members one-day; \$125 Non-Members

Optional Chinese Buffet Dinner (Saturday, September 28th: \$20)

Master Moy's original method combines internal elements found within various forms and exercises such as Tai Chi, Lok Hup, Bagua, Hsing-I and meditation. This workshop will focus on the core principles guiding development of his Tai Chi form as well as increasing awareness and sensing of internal movement.

- Meet tai chi friends & renew friendships with members across Canada.
- Learn new techniques to help you gain more from your tai chi practice.
- Re-visit your understanding of Master Moy's 5 Principles of Form.
- Bring your questions for the group to discuss.
- Host Instructors: Doug Overholt and Susan Carson plus other Senior Instructors from the CTCA.

For further information, contact us at: vancouver@canadiantaichiacademy.org