Kingston Tai Chi Workshop

When Saturday November 28, 2026 - 10am – 4:30pm.
Doors open at 9:30am.

Where Edith Rankin Memorial United Church, Lower Hall
4080 Bath Road, Kingston, Ontario

What Please join us for a day of tai chi led by Catherine Larkin and Chase Langford. This workshop is open to all practitioners of Mr. Moy style tai chi. Please bring your own lunch. Snacks are provided.
PWYC (Pay what you can) with a suggested donation of $20.

Why Benefits may include:

- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition
- Decreased stress, anxiety and depression
- Decreased risk of falling

For more information or to reserve your spot
Email: kingston@canadiantaichiacademy.org