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## CTCA Tai Chi Western Regional Workshop

The Duncan/Chemanius Branch is pleased to announce a Tai Chi Workshop led by Doug Overholt and Susan Carson.

Join us for this opportunity to deepen your Tai Chi practice, to train and develop co-ordination, balance and body awareness.

Saturday April 20<sup>th</sup> and Sunday April 21<sup>st</sup>

Heritage Hall at Cowichan Community Centre (CCC)  
2687 James St, Duncan, BC

Registration: Saturday: 9:00 - 9:30

Workshop: Saturday & Sunday : 9:30 - 3:30

Total 2 day workshop cost: \$90

Includes morning snacks and lunches with coffee/tea

*CTCA members at all levels of experience are Welcome!  
Space is limited, so register before April 6th.*

For accommodation information please contact [cowichanvalleytaichi@gmail.com](mailto:cowichanvalleytaichi@gmail.com)