

# LONDON IN-PERSON PLAY TAI CHI WORKSHOP



**Pre-Registration Required**

**Saturday October 14<sup>th</sup>**

**Church of St. Jude**

1537 Adelaide St. N. (at Fanshawe Park Rd)



**Workshop Fee:**

CTCA Member: \$35, Non-Member: \$45

**Registration:** 9 AM to 9:30 AM

**Morning Session:** 9:30 AM to 12:30 PM

**Lunch:** 12:30 PM to 1:30 PM

Cost: \$15 Soup, Salad, & Sandwiches

**Afternoon Session:** 1:30 PM to 4:30 PM

The Play Tai Chi Workshop is a full day event led by instructors from the London location. The church hall has excellent air exchange, and we will be operating air cleaning filters. There is a limit to the number of people who can attend the workshops. Please complete the registration form with your meal preference. You can bring your own lunch or use area restaurants. Submit your registration form to [workshop@LondonTaiChi.ca](mailto:workshop@LondonTaiChi.ca)

The workshop will focus on using Mr. Moy's Tai Chi to exercise your physiology. To get the most from the Tai Chi set, we want to take advantage of each opportunity to sit and stretch in each and every move.

The Canadian Tai Chi Academy teaches the 108-move Tai Chi set as developed by **Master Moy Lin-shin**. This is a Yang Style set Master Moy modified to maximize the health benefits of this ancient Chinese art.

Contact us at: [info@LondonTaiChi.ca](mailto:info@LondonTaiChi.ca) or 844-205-6944 Toll Free

More Information at: [www.LondonTaiChi.ca](http://www.LondonTaiChi.ca)