

LONDON IN-PERSON PLAY TAI CHI WORKSHOP



Saturday October 26th

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

Everyone is responsible for their own lunch.

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. Water, tea, and snacks will be provided. Everyone is welcome to attend.

Lunch: You can bring your own lunch or use area restaurants.

Registration: Submit your registration form with your name and location to workshop@LondonTaiChi.ca. You will be sent a registration confirmation email. Pay by cash, cheque or e-transfer to workshop@LondonTaiChi.ca (no security question).

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 or 844-205-6944 Toll Free