



CTCA South Georgian Bay Locations

## Spring Tai Chi Workshop

**Presentation: The Fascia Net**

**Workshop: The Fascia Net Part B: Tai Chi and Fascia Health**

Friday, May 1, 2026

Stayner Community Centre

269 Regina Street, Stayner, ON

9 AM Doors and Registration Open – Come and warmup together or play  
Sword/Sabre/Lok Hup

10 – 12:30 -- Presentation and Morning Session

12:30 to 1:30 -- Lunch Break (Bring your own) Bake table available!

1:30 to 3:30 -- Afternoon Session

Cost payable on the day CTCA Member: \$15

Non-members welcome: \$25

Exact change or cheque payable to CTCA

**Pre-Registration** is required: [ctcasouthgeorgianbay@gmail.com](mailto:ctcasouthgeorgianbay@gmail.com)

Include your name and location

Numbers are limited. Please cancel by email asap if you find that you are unable to attend so  
that a member on the waitlist will be able to join in

Please respect our policy of a scent-free venue

