

# TRADITIONAL CHINESE MEDICINE & TAI CHI WORKSHOP



**Balance; Flexibility;  
Strength & Relaxation**

## Elmwood Avenue Presbyterian Church

111 Elmwood Avenue (Wortley Village - London)

**Saturday January 19<sup>th</sup> from 10 AM to 1 PM**

Cost: \$10 CTCA Members, \$15 Non-Members



Come and explore how to use Master Moy's Tai Chi to transform your physiology. The fundamental Traditional Chinese Medicine (TCM) concepts will be examined. Practice your Tai Chi exercises to stimulate your circulation systems from the perspective of TCM.

Understand your body and how to exercise your physiology from an eastern point of view.

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 226-270-8502

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

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## LONDON

### Introduction to Tai Chi Courses

#### North West

St. Ansgar Church  
Sherwood Forest

#### North Central

Spencer Lodge - Scouts  
531 Windermere Road

#### South Central

Elmwood Presbyterian  
Church, Wortley Village

#### South West

St. Anne's Church  
Byron

#### North East

Coming Soon

### Special Promotion

All new members that sign-up and pay for three months get the fourth month free!

**CANADIAN TAI CHI  
ACADEMY**

**226-270-8502**

[www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org)