

ANATOMY & PHYSIOLOGY WORKSHOP PART II

**Balance; Flexibility;
Strength & Relaxation**



Elmwood Avenue Presbyterian Church

111 Elmwood Avenue (Wortley Village - London)

Saturday February 23rd 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 anatomy of the body will be examined in terms of how the Tai Chi exercises the circulation systems, skeleton and soft tissues.

Look at the Tai Chi movements from the perspective of how to open and exercise your physiology and stimulate internal movement.

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 **226-270-8502**

More Information at: 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