

WOMEN & TAI CHI

Spencer Lodge -
Scouts Canada

531 Windermere Road

Saturday September 14th

10 AM to 4 PM

Cost: \$35 CTCA Members, \$40 non-members

Lunch: \$10 Soup, Salad, & Sandwiches



The Women & Tai Chi event has a focus on tai chi for woman. Everyone is welcome. We will discuss how the tai chi form is modified for a woman in the various phases of her life including menstruation, pregnancy and menopause. We will discuss how the tai chi changes for a woman due to menstruation, pregnancy and menopause.

The information presented is based on advice from Mr. Moy and senior students who practiced tai chi through their pregnancies and through the changes experienced through menopause.

This event will be of interest to both men and women to help understand the differences between the male and female physiologies. We will explore how moves are different for women and men. Instructors will find the material useful for them to help all their students.

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

LONDON

Introduction to Tai Chi
Courses

North West

St. Ansgar Church
Sherwood Forest

North Central

St. Luke's Church
@ UWO Gates

South Central

Elmwood Presbyterian
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