

ANATOMY & PHYSIOLOGY WORKSHOP

**Balance; Flexibility;
Strength & Relaxation**

**Elmwood Avenue
Presbyterian Church**

111 Elmwood Avenue (Wortley Village - London)

Saturday November 9th from 10 AM to 4 PM

Cost: \$35 CTCA Members, \$40 Non-Members

Lunch: \$10 Soup, Salads, & Sandwiches



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 focus will be on the western view of the body.

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

**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