

LONDON IN-PERSON TAI CHI WORKSHOP



Morning: Instructor Session

Afternoon: General Workshop

Saturday December 10th

Church of St. Jude

1537 Adelaide St. N. (at Fanshawe Park Rd)

*COVID GUIDELINES: All participants are required to **wear a mask**; Social Distancing of 2 m will be required*



Instructor Workshop: 9:30 AM to 12:30 PM

No Cost for the Morning Session (Members only)

Lunch: 12:30 PM to 1:30 PM

Cost: \$15 Soup, Salad, & Sandwiches

General Tai Chi Workshop: 1:30 PM to 5 PM

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

The church hall has excellent air exchange, and we will be operating air cleaning filters. There is a limit to the number of people who can attend the workshops. Please complete the registration form with your meal preference. You can bring your own lunch or use area restaurants. Submit your registration form to workshop@LondonTaiChi.ca

The morning session will focus on instructor training. Review of the 3-3-3 technique.

The afternoon session will focus on using Mr. Moy's Tai Chi to exercise your physiology.

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 844-205-6944 Toll Free

More Information at: www.LondonTaiChi.ca