

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



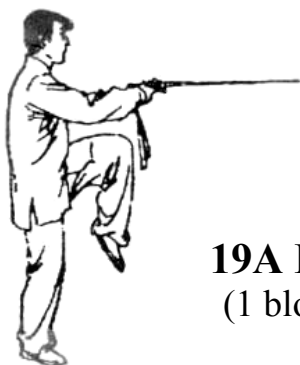
T'AI CHI SWORD 16-SET

5-CLASS SESSION *with* LAURA VONKA

from **TUESDAY, JANUARY 23, 2018**

to **TUESDAY, FEBRUARY 20, 2018**

5:00 to 6:00 pm



Fee: \$50.00

Place: Epiphany Memorial Hall
19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)

The 16 Sword Set was created in the mid-1990's in China as an introductory weaponry set. The movements and footwork lay a strong foundation for longer and more advanced sword routines.

Laura Vonka has been teaching the 16 Sword Set for several years and offers this workshop as an introduction for beginners and a review for the more experienced.

A few wood swords will be available for use during the session.

Laura has been a qualified Instructor at the Phoenix T'ai Chi Centre for many years. She teaches Yang Long Form, Yang Short Form, T'ai Chi Sword, Two Person T'ai Chi and T'ai Chi Fan. Laura's enthusiastic style of teaching makes her classes both rewarding and fun.

Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875