

**PHOENIX T'AI CHI CENTRE**

**519-659-4372**

**www.phoenixtaichi.ca**

*Is pleased to present:*



## **REFINING THE YANG 108 LONG FORM - THE SECOND HALF**

**4-CLASS SESSION *with* LAURA VONKA**

*from* **TUESDAY, APRIL 23, 2019**  
*to* **TUESDAY, MAY 14, 2019**  
**5:15 to 6:15 pm**

**Fee: \$40.00**

**Place: Epiphany Memorial Hall**

**19A Holborn Ave at Briscoe St W, London ON**

(1 block west of Wharncliffe, 2 blocks north of Emery)



Laura will guide participants through the second half of the Yang-style 108 long form. Other sections of the form may be explored in future sessions.

Laura's emphasis will be on maintaining posture, stepping into the "bow stance", stepping heel-to-toe, stepping wide, putting inner power into the moves, and breathing with the moves. Using the upper body to "carry motion" will also be explored.

The objectives of this session are for experienced players of the 108-form to:

- ☉ improve their execution of the moves and transitions
- ☉ gain more benefits from the moves and from the form as a whole
- ☉ gain satisfaction from advancing their practice of T'ai Chi

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

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