

**PHOENIX T'AI CHI CENTRE**

**www.phoenixtaichi.ca**

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*Is pleased to present:*



## **T'AI CHI BALL WORKSHOP**

### **Experiencing Circular Movement & Flow in T'ai Chi**



*with* **Sifu Malcolm MacQuarrie**

**SATURDAY, OCTOBER 19, 2019**

**9:30 am to 1:00 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)

T'ai Chi Chuan appears to be the most gentle and beautiful of all martial arts but it is still a martial art that incorporates thrusting of hands and feet, blocking, trapping and redirecting, all performed in a consistent, seemingly effortless flow of postures.

What is often missing, is the awareness and practical experience of circular movement within traditional forms.

Sifu Malcolm MacQuarrie is the head instructor of Threads Of Gold Tai Chi and Qi Gong Institute in St. Catharines, ON. He has been a student of Chinese and Korean Martial Arts since 1966 and has been teaching Taijiquan and Qi Gong since 1985. Malcolm is a member of the Board of Directors for the Canadian Taijiquan Federation and is a Certified Level 3 Senior Instructor. He has taught workshops for the CTF in Guelph, Hamilton and Kitchener ON, covering 24 Posture Stationary Tai Chi / Tai Chi In A Box (a compact 4 corner Tai Chi set based on Grasp Bird's Tail) / Tai Chi Ball Basics and Passing The Pearl To The Four Winds (a compact 4 corner Tai Chi Ball set )

As with all T'ai Chi forms, this form is suitable for men and women. Some T'ai Chi experience is recommended but students at all levels will benefit from this workshop.

**Your T'ai Chi will never be the same again!**

Please bring an 8" to 12" inflated ball (volley ball will do) and two 3.5" - 4" solid balls.

**Visit our website at: [www.phoenixtaichi.ca](http://www.phoenixtaichi.ca)**  
**or contact us at: [info@phoenixtaichi.ca](mailto:info@phoenixtaichi.ca) (519-872-2408)**