

PHOENIX T'AI CHI CENTRE CHRISTMAS PARTY

Monday, December 4, 2017
at: Unitarian Fellowship of London
557 Clarke Road, London ON



Program:

Background music by guitarist Paul Sims

- 7:00 Welcome and Introductions – Steven Holbert
- 7:10 Laura & students: a section from the 108 Yang Form
- 7:20 Karate demonstration by Eden Jewel
- 7:30 Tap dance by Ella & Lilly Truppé
- 7:40 Karate demonstration by Eden Jewel (continued)
- 7:50 Music by singer/songwriter Jenny Rensby
- 8:05 Push Hands: 2-Person Form by Laura Vonka and Will Truppé
with narration by Steven Holbert
- 8:20 T'ai Chi for Diabetes by Terry Lynn Clarkin
- 8:30 16 Yang Form by George Wilkinson
- 8:40 Harmonica music by Marlene Manzie
- 8:50 16 Sword Form by Laura Vonka
- 9:00 108 Yang Form – first section of 19 moves
Students from all classes are invited to participate in this demonstration.
- 9:15 Carroll Halford and the Sacred Circle Dancers
Everyone is invited to join in and wrap up the evening
- Farewell