

PHOENIX T'AI CHI CENTRE CHRISTMAS PARTY

Wednesday, December 5, 2018
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 Warm-up with singing – Gloria Thomson

7:20 Compact T'ai Chi by Laura Vonka

7:30 The Big Wild Goose Qigong by Svetlana Warford

7:45 Karate demonstration by Eden Jewel

8:00 Music by singer/songwriter Jenny Rensby

8:15 T'ai Chi for Diabetes by Terry Lynn Clarkin

8:25 "Easy Tai Chi" Stick Form by
Nina Roy, Helen Luczak, George Wilkinson and Rob Guthrie

8:40 Harmonica tunes by Marlene Manzie

8:50 54 Sword Form (first half) by Steven Holbert

9:05 108 Yang Form (first section of 19 moves)
All students are invited to participate in this demonstration.

9:15 Caroll Halford and the Sacred Circle Dancers
Everyone is invited to join in and wrap up the evening

Farewell