



PHOENIX T'AI CHI CENTRE

www.phoenixtaichi.ca

info@phoenixtaichi.ca

T'AI CHI CLASSES **9-week Sessions for Beginners**



Start: September 10 and 12, 2019

**Choose: Tuesdays at 6:30pm or
Thursdays at 10:00am or 6:30pm**

Fee: \$70.00 for nine 1½ hour classes

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 is popular all around the world.

What is T'ai Chi Chuan? A Chinese exercise with continuous movements which are designed to massage all joints, muscles and internal organs, strengthen the lower back and reduce stress. The uniqueness of the balancing incorporated in the moves has a relaxing effect. Concentration on the movements helps to empty the mind of daily problems.

In the beginners' class you will learn a 19-move Yang-Style set of T'ai Chi. This is the first section of the Long Form.

Discover the benefits of playing T'ai Chi!

Visit our website at: www.phoenixtaichi.ca
or contact us at: info@phoenixtaichi.ca (519-872-2408)