

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



COLD MOUNTAIN CRANE T'AI CHI SHORT FORM



2-CLASS REFRESHER
with **LAURA VONKA**

TUESDAY, MARCH 29, 2016
& TUESDAY, APRIL 5, 2016
5:15 to 6:15 pm

Fee: \$20.00

Place: Epiphany Memorial Hall
19A Holborn Ave at Briscoe St W, London ON
(1 block west of Wharncliffe, 2 blocks north of Emery)

This workshop is intended to be a refresher for those who have previously participated in Crane T'ai Chi workshops with Laura.

The Crane form emphasizes chest opening and promotes great postural balance. The T'ai Chi movements imitate a crane flying, walking and dancing.

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.

Visit our website at: www.phoenixtaichi.ca
or call: 519-439-8875

