

PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

Is pleased to present:



REFINING THE YANG 108 LONG FORM

3-CLASS SESSION *with* LAURA VONKA

from **TUESDAY, MARCH 28, 2017**

to **TUESDAY, APRIL 11, 2017**

5:15 to 6:15 pm

Fee: \$30.00

Place: Epiphany Memorial Hall

19A Holborn Ave at Briscoe St W, London ON

(1 block west of Wharncliffe, 2 blocks north of Emery)



Laura will continue to guide participants through several moves of the Yang-style long form - from "Carry Tiger to Mountain" to the kick sequence, depending on progress. Further sections of the form will be explored in future sessions.

Laura's emphasis will be on maintaining posture, stepping into the "bow stance", stepping heel-to-toe, stepping wide, putting inner power into the moves, and breathing with the moves. Using the upper body to "carry motion" will also be explored.

The objectives of this session are for players of the 108-form to:

- ① improve their execution of the moves and transitions
- ② gain more benefits from the moves and from the form as a whole
- ③ gain satisfaction from advancing their practice of T'ai Chi

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**