

Welcome

T'ai Chi applies the power of fluidity to easing one's daily life.

Qigong applies the power of visualization to healing the body.

Both of these exercises apply meditation to relaxing the mind and reducing physical, emotional and spiritual stress.

T'ai Chi

T'ai Chi is an ancient Chinese martial art. It is a slow meditative form of exercise that increases flexibility in both mind and body. T'ai Chi combines postures and movements inspired by the natural world into forms which are learned and practiced over a lifetime.

The practice of T'ai Chi reduces stress, tones muscles, massages joints, improves balance and much more.

Classes are offered in several Yang-style forms: the 108 long form (starting with the 19 form), 24 short form, 32 sword, 4 directions and 2-person forms for students at all levels of experience.

At our Centre location, classes are offered weekly on Tuesday and Thursday evenings and on Thursday mornings.

Qigong

Qigong is made up of two words. "Qi" means vital life energy, and "Gong" means work or cultivation.

There are three core principles which make this art so effective: focusing the mind to direct the Qi; improving one's breathing through increased awareness; and combining these with correct body alignment and slow movements. With practice, the mind, breath and body become as one.

Qigong classes are offered at our Centre location, on Thursday evenings, in 6- or 8-week sessions.

Workshops

Workshops are offered periodically by visiting instructors and by our own teachers.

Recent subjects have included T'ai Chi Fan, Push Hands, Crane T'ai Chi, Sun Style T'ai Chi and the Big Wild Goose Qigong.

Community Classes

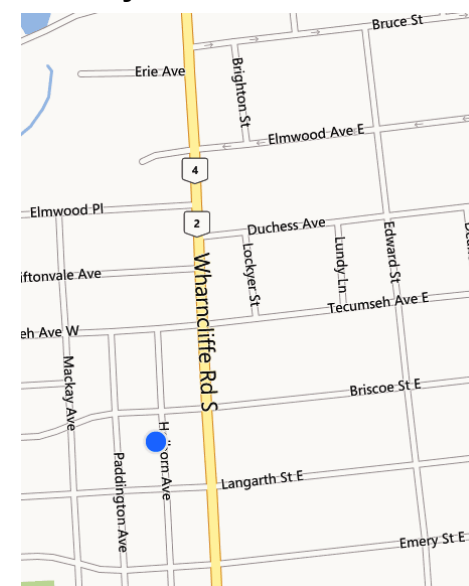
Several of our teachers offer classes through the City of London's Parks and Recreation department. Check the current Spectrum catalogue. (search for "Tai Chi")

Our teachers provide instruction at London Libraries, Huff n' Puff Seniors Fitness Association, William Mercer Wilson Centre and several others.

Our community classes include Yang-style forms but also expand our repertoire with Sun-style forms and forms which are particularly beneficial for those with arthritis and restricted mobility.

We also provide specialized T'ai Chi / Qigong instruction for the residents of several retirement communities in London.

Primary Location in London



• Epiphany Memorial Hall
19A Holborn Ave at Briscoe St
(at class times only)

Phoenix T'ai Chi Centre was founded in London Ontario by Gloria Jenner in 1988. Gloria has been studying T'ai Chi and Qigong since 1980.

Steve Holbert has been a student of Gloria's since the 1980's and has recently become the Director of Phoenix T'ai Chi Centre.

Gloria, Steve and the Centre's dedicated instructors teach Yang Style T'ai Chi, T'ai Chi Sword and Qigong; in-house and in the community.

Our primary classes are held at:
Epiphany Memorial Hall
19A Holborn Ave at Briscoe St
Tuesday & Thursday evenings
and Thursday mornings.

Additional classes are held in
community centres, retirement
homes and other venues
throughout the city.

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Affiliated with:



Our founder, Gloria Jenner

Phoenix T'ai Chi Centre



**Celebration of Life
Through Movement**

**Offering instruction and
guidance in T'ai Chi and Qigong**

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