

PHOENIX T'AI CHI



Workshops



Master J. Carruthers, 1994, 2001
Tai Chi Applications



Tai Chi Fan- Master Helen Wu

"Live, let live, help live."
- Ralph Waldo Emerson



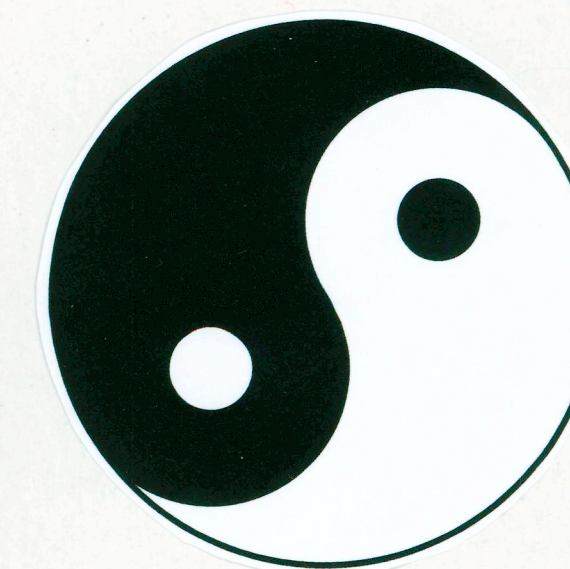
LEARNING...



2- Person form - Ed Cooper



STILL SHARING 25 YRS. LATER



2- Person Applications



With Master Sam Masich



16 sword form- Sifu Jill Heath

EXPLORING...

The depth and
benefits of Tai Chi



Classes



Centre for Activity and Aging- 1999



Qigong with Sifu Steve Higgins

