



PHOENIX T'AI CHI CENTRE

www.phoenixtaichi.ca

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T'AI CHI CLASSES 9-week Sessions for Beginners



Start: January 14 and 16, 2020

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)