

PHOENIX T'AI CHI CENTRE

519-872-2408

www.phoenixtaichi.ca

Is pleased to present:



T'AI CHI FAN A Refresher

4-CLASS SESSION *with* LAURA VONKA

from **TUESDAY, MARCH 3, 2020**
to **TUESDAY, MARCH 24, 2020**
5:15 to 6:15 pm

Fee: \$40.00

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 guide participants through the T'ai Chi Fan form.

The objectives of this session are for students already familiar with the fan form to:

- ☉ improve their execution of the moves and transitions
- ☉ gain satisfaction from advancing their practice of T'ai Chi Fan.

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: 519-872-2408