

PHOENIX T'AI CHI CENTRE
30th Anniversary Celebration
Saturday, May 5, 2018
at: Unitarian Fellowship of London
557 Clarke Road, London ON



Program: [Draft 4- subject to change]

- 5:55 Gathering of guests – Guitar music by Paul Sims
- 6:10 Lion Dance – Alex Tang WuShu Training Centre
- 6:30 Opening 19 moves of 108 Yang form – Phoenix teachers & students
- 6:45 Phoenix T'ai Chi Centre's history – Gloria Jenner
- 6:55 Guitar interlude – Paul Sims
- 7:05 Eight Ways to Move Qi – June Ross
- 7:15 Chen Man-Ching 37 form/sword or sabre form – Henry Marczak
- 7:30 Harmonica interlude – Marlene Manzie
- 7:40 Recognition of teachers and students of Phoenix T'ai Chi Centre
- 7:50 Double fan – Roseann McKay and Robert Campbell
- 8:00 Tai Chi for Diabetes – Terry Lynn Clarkin
- 8:10 Guest demonstration – London Taiji Quan
- 8:25 Crane T'ai Chi form – Laura Vonka
- 8:35 Qigong form – Ron Hicks
- 8:45 Elements from Ba Gua – Peter Reist (Cold Mountain Internal Arts)
- 9:00 Wrap up and farewell