



PHOENIX T'AI CHI CENTRE

519-439-8875

www.phoenixtaichi.ca

T'AI CHI CLASSES

9-week Introductory Session for Beginners

Start: September 14 or 16, 2010

Choose: Tuesdays at 6:30pm or

Thursdays at 10:00am or 6:30pm

Fee: \$60.00 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 of movement 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.

Come and experience optimum health.

Visit our website at: www.phoenixtaichi.ca

or call: 519-439-8875