



**PHOENIX T'AI CHI CENTRE**

**519-439-8875**

**www.phoenixtaichi.ca**

## **T'AI CHI CLASSES**

### **9-week Sessions for Beginners**

**Start: January 17 and 19, 2012**

**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](http://www.phoenixtaichi.ca)**  
**or call: 519-439-8875**