

Phoenix T'ai Chi Centre Practice Sessions

Days	Times	Places & Forms
Sundays	June to October	Gibbons Park- Parking at the end of Victoria Street
	8:45-9:00am	Sword form
	9:00-10:00am	108 set x2, 24 set x2 & 4 directions set
Sundays	Year-round	Westmount Mall- in front of Sears Enter by the north door to Zellers
	Rain or Shine!	9:15-9:30 am Sword form
	9:30-10:30am	108 set x2, 24 set, 48 set & 4 directions set
Tuesdays	June 21 to August 30	Pavilion at Forks of the Thames Behind Middlesex County Courthouse at end of King west of Ridout. Metered parking- 2 hour limit.
	Rain or Shine!	1:00-2:00pm 24 set x2, 108 set
	2:00-3:30pm	Sun Style T'ai Chi, 16 Sword set
Thursdays	July & August	Springbank Park- Opposite Shoppers Drug Mart By the river, under the trees
	10:00-11:30am	108 set, 24 set & 48 set
Fridays	June 24 to August 26	Carling Heights Community Centre area – in McMahon Park proper. Free parking at the end of Elizabeth St, near the railway tracks.
	1:00-2:00pm	108 set, 24 set & 4 directions set
	2:00-2:30pm	Sun Style T'ai Chi

To keep your body supple and relaxed,
To clear your mind of worry and clutter,
To free your spirit and gladden your heart,
Join us! Everyone with some T'ai Chi experience is welcome!

