



Tai Chi Workshop + Demos of Lok Hup, Tai Chi Sword, Sabre

Weekend of April 20 & 21, 2024

Harmony Centre

890 4th Ave E, Owen Sound

Phone: Kevin Best 519-372-6431

Workshop Leaders: Doug Nettleton, David Debelle, Kevin Best

Saturday: 3:30-5:30 and 7:00-900

Workshop open to instructors of Mr. Moy's Tai Chi

Theme: Improve instruction by improving personal practice

5:30-7:00 dinner break - Channing's for Chinese food

Sunday: 9:30-12 and 1:00-4:00

Open to everyone who does Mr. Moy's Tai Chi

Morning: set practices / 11:15: demos (public welcome)

Afternoon: Push Hands and "big four" intensive

**Suggested Donation: \$15 for 1 day / \$25 for 2 days
+ \$20.00 if staying for Sunday lunch catered at Harmony Centre**

Register your name, location, phone: ctcasaugeen@gmail.com

- **Indicate which day(s) you will participate**
- **RSVP for the group meals you will share**