

TAI CHI WORKSHOP

ROUGE RIVER COMMUNITY CENTRE
120 ROUGE BANK DR #2,
MARKHAM, ON L3S 4B7

SATURDAY NOVEMBER 2, 10 AM - 4 PM

Explore the physiology and principles of Master Moy's health art, with emphasis on tendon-changing and bone-strengthening, crucial in combating the effects of aging.

WORKSHOP LEADERS
STEVE LEE with MARK FOX, RMT

"Steve's approach to teaching has greatly improved my flexibility, lung capacity, posture, and overall health, helping me overcome age-related stiffness and maintain an active lifestyle at 85. His insightful, clear instruction can benefit all practitioners, even those with serious health challenges."

—WALTER BACHINSKI

COST: \$100 (LUNCH INCLUDED)
RSVP: JUNGJING.TAICHI@GMAIL.COM



Jung Jing
Tai Chi Society

中正太極社

