



1. A Communication

Get introduced to the benefits of *Taoist Tai Chi®* arts

People from all walks of life and across the world tell how the practice of Taoist Tai Chi® arts has relieved stress, provided deep relaxation, given their bodies balance and strength, helped with pain, lifted spirits, and even changed their outlook on life.

As one person says;

"It's for everybody. If you consider yourself an active athlete or you are in a wheelchair, it has something to offer everybody." Young or old, newly healthy or healing, all around the world – practitioners of *Taoist Tai Chi®* arts experience profound and life-changing improvement in their overall well-being.

The founder of the Fung Loy Kok Institute of Taoism, Master Moy Lin Shin, devoted decades of his life to develop these arts of cultivating body, heart and mind to make them accessible and beneficial to everyone, regardless of their physical condition. While there are many ways to participate in the training, most people begin with the physical practice of Tai Chi. Taoist Tai Chi® arts include a gentle set of movements that promote well-being for people of all ages and in all conditions.

One Saanichton participant wrote: "Tai Chi is a gentle, yet challenging whole body workout. Tai Chi invigorates the body, mind and spirit. The people are a sincere, fun group to be with. We always feel good after a session."

"Appreciate developing strong leg muscles, good balance, flexibility and an open chest from doing Tai Chi over the past years. This was especially evident when recovering well and in good time from open heart surgery. When at Tai Chi that is all that occupies your mind. It gives you a holiday from the troubles of the world."

Where to start your training

We encourage you to attend an **OPEN HOUSE** Sat. Jan. 7, 1:30–3pm in Saanichton at St. Mary's Church Hall 1973 Cultra Ave. Try a little Tai Chi, watch demonstrations and sign up for a Beginner Class. When you have completed a Beginner Class, you can go on to Continuing Classes at the same location. Bonus! The 4 month package includes unlimited classes till April 30, 2017 at any of our locations and a 3-day condensed workshop at our Victoria Branch Centre Jan 13, 14 and 15. 4 (Month package \$175 Adults \$135 Students/Seniors \$40 Child)

Beginning Classes

Mon/Thu 9:15-10:15am
Thu 7:00-9:00pm

Starts

Jan 9
Jan 12