

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."

Personal stories of Health Recovery

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.

Saanichton participant Maya Brouwer writes "Over 20 years of playing high level badminton and tennis took its toll on my knees at age 52. I needed to find an alternative which would give me the physical workout, and the pleasure of such an exercise. Taoist Tai Chi® arts was the choice for me. Looking deceptively easy, its form of gentle moving meditation challenges both my body and mind and ultimately feeds my soul."

Lynne Irons says "I originally started Taoist Tai Chi® arts to regain muscle strength and flexibility after problems with my lower back. I keep on coming because the Tai Chi has kept me moving through other back, and shoulder issues. More than physical strength comes from practising Tai Chi. A body self-awareness develops, in conjunction with a mental strength, shared with a supportive group of people."

One Saanichton participant wrote: "Taoist Tai Chi® arts are 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."

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.

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 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

Starts

Mon/Thu	9:15-10:15am	Jan 9
Thu	7:00-9:00pm	Jan 12