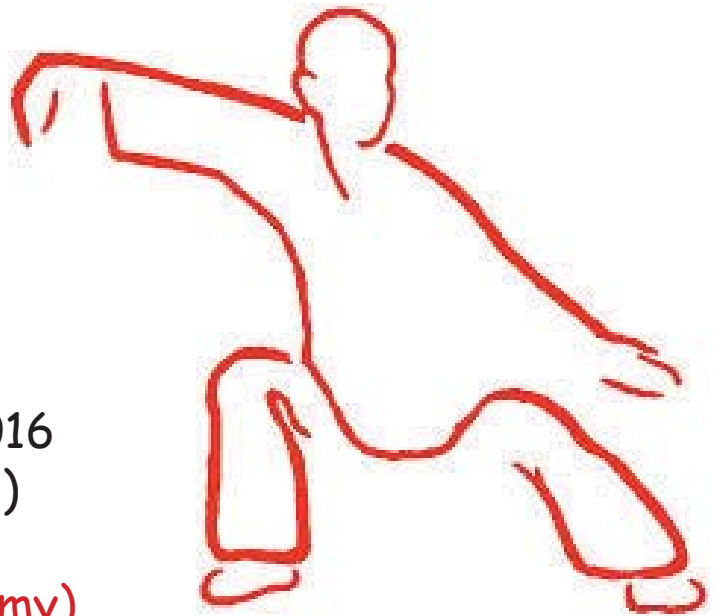


# Tai Chi

for

# Beginners



Tuesdays: Sept 20 - Dec 6, 2016  
10:45am - 11:45am (12 weeks)  
5508 Hastings St, Bby  
(Master Gees Black Belt Academy)

**TAI CHI IS CONSIDERED ONE OF THE TREASURES OF CHINESE CULTURE.**

The focus of this class will be to learn the basic movements of the  
*Yang Style Tai Chi Ch'uan 37 Form.*

*Tai Chi Ch'uan* has been described as *Meditation in Motion*. Originally it was practiced as a Martial Art, today millions of people practice the slow, graceful movements of Tai Chi Ch'uan for its health promoting benefits. Tai Chi Ch'uan is known to increase flexibility, strength, mindfulness and overall health. All classes will include some Qi Gong movements to stimulate vitality and longevity. Join us; learn these beautiful movements to reinvigorate your health and your life.

**Tuition and Registration:**

\$135\* (includes taxes) payable prior to first class (Drop-in \$13.00)

Early Bird Rate payable prior to Sept 15th: \$120.00

*\*Master Gee Students & Family Members: \$120.00 // Early Bird \$99.00*

**Contact:** Blanche Boyce (Info below) or Mrs. Gee

**EXPLORE THIS ANCIENT DISCIPLINE OF GENTLE MOVEMENT  
TO PROMOTE HEALTH AND LONGEVITY**

**BLANCHE BOYCE, BA, MMQ (MASTER OF MEDICAL QI GONG)**

Blanche has been practicing Tai Chi for about 12 years. She also teaches Qi Gong and is an Acupressure Therapist, a Medical Qi Gong Therapist, and a Martial Artist - she often brings elements from all of these disciplines into her classes.

**Contact:** [Blanche@BlancheBoyce.com](mailto:Blanche@BlancheBoyce.com) or 604.760.4344 [www.BlancheBoyce.com](http://www.BlancheBoyce.com)