



Tai chi Ch'uan “For Beginners”

I am excited to announce my upcoming Tai chi Seminar

Mind and Body Spa

1450 Ghent St Unit #47

905-928-1450

Free parking

I would love you to join me on this wonderful journey.

Tai chi can be practiced while standing or sitting, making it accessible to everyone.

Discover the art of balance and movement. Ideal for enhancing your physical and mental well-being in a modern and engaging format. Including Internal and external energy. Enjoy the flow, the relaxation, and peace. Together, let us focus and set positive intentions.

Sign up. Space is limited; share with Others.

- When: Wednesday **September 16th**
- Time: **6:30 pm – 7:15 pm**
- Cost: **\$25.00** per person
- *No refunds for cancellations or no-shows*
- **Pre-registration by: September 12th**

Payable: **E-transfer** Lhcompletewellness@gmail.com
Website lhcompletewellness.ca

For any questions, please email lhcompletewellness@gmail.com



Call **Lori Holmes** 905-330-4336