



Over 47 Years of experience . .
because it works

Fung Loy Kok Taoist Tai Chi™ Beginner Weekend

A weekend program to introduce participants to the Taoist Tai Chi™ arts

**108 Moves
in 3 Days**

A system of training to help
calm the mind,
cultivate the heart
and transform one into a
healthier and more
harmonious person.



Friday Feb. 16
7:00 - 9:00 pm

Saturday Feb. 17
1:00 - 5:00 pm

Sunday Feb. 18
1:00 - 5:00 pm

**Start your journey on the path to Improving Balance,
Reducing Stress, Increasing Strength and Endurance,
and Developing a Pain Management Program**

***Grace Anglican Church
19 Parkway Avenue
Markham***

Adult \$200, Student/Senior \$150, Child \$60
Includes 4 months access to future continuing classes at any of our locations

To register online and for more details, go to www.taoist.org/weekend
You can email us at markham@taoist.org or call 416-656-2110