

UCanFlow Taiichi



Location Linden Woods Community Centre
414 Lindenwood Drive W

Time 7:15 Am to 8:15 AM Saturdays and Sundays
January 4 – March 29, 2020

Scope Taiji Quan Chen & Yang Style
Taiji Sword and Taiji Fan

Fee \$70 for 26 classes, or
\$4 for drop-in
50% off - 2nd family member
Free - 3rd family member
1st time try-out free

Contact:
ucanflow2000@gmail.com

Taiji, "this centuries-old Chinese mind-body exercise, ...consists of slow-flowing, choreographed meditative movements ... that evoke the natural world. It also focuses on basic components of overall fitness: muscle strength, flexibility, and balance. "

- by **Neill Porter Brown**, Harvard Magazine