



# TAI CHI

An Art Embracing the Mind, Body and Spirit

## for beginners



**WEDNESDAYS**

Starting Oct 5, 2022



**10 AM - 12 PM**



**THE AMAZING BRENTWOOD MALL**

Next to Purdys Chocolatier shop



Join us for a fully guided meditative exercise exploring a gentle flow of progressive movements delivered by a certified instructor, Marina Ma, with over 35 years of teaching experience.



Learn more or to register,

Email [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) or call 604-294-5444.