

Victoria
Brain Injury
Society



Taoist Tai Chi Workshop

Blog
VBIS_Staff
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This Thursday, June 16th, from 3:00 to 4:00pm join us in welcoming the Taoist Tai Chi Society to VBIS.

This workshop is designed to introduce the practice of Taoist Tai Chi; a combination of exercise and meditation which promotes awareness of the body and mind. Since Taoist Tai Chi employs gentle sets of movement people of all ages and conditions can take part and cultivate their body, heart, and mind.

As there is limited space, please call in to RSVP your spot on the list. We look forward to seeing you there!