



Presented by The Red Mantis Athletic Association

This Year

Learn T'ai Chi

All skill levels and ages welcome.

Begin the journey anytime.

T'ai Chi is a non-competitive martial art & a self-paced, gentle way to combat stress.

Register Now!



Winter Session:

Sundays 10:45am-12:00pm
January 5th - March 9th, 2014

Spring Session:

Sundays 10:45am-12:00pm
April 6th - June 22nd, 2014

Location:

NAfro Dance Studio in Osborne Village

109 Pulford Street, 2nd Floor St. Augustine's Church

Cost:

10 sessions \$120, drop-in \$15

Instructor: Sifu Josh Schafer is an internationally certified 4th Level Black Sash Instructor in Praying Mantis Fist & has 3 decades of experience with Yang Style T'ai Chi.



Contact: 204-770-7395 to register

www.redmantis.ca

email: kungfu@redmantis.ca