



Let's start the year 2018 on the correct foot!

JANUARY TAI CHI WORKSHOPS!

SATURDAY, JAN. 13

NOON till 1 pm- CHEN TAI CHI BROADSWORD- \$15

1 pm till 2:30 pm- YANG STYLE SHORT FORM

(1st and 2nd section) \$20

2:30 till 4 pm- CHEN SMALL FRAME

(E-Lu and R-Lu) \$20 (1pm till 4 pm \$30 total)

SATURDAY, JAN. 27

11 am to noon – CHEN STYLE SPEAR \$15

Noon—1:30 pm- WU SHORT FORM & CHEN 18 SHORT FORM \$20

HAPPY THOUGHT TAI CHI BANQUET- SATURDAY, MARCH 17 4-6 PM \$30 PER PERSON

(buffet catered by Yantze Gourmet Chinese Restaurant, tai chi demonstrations)

WORLD TAI CHI DAY WORKOUT- SATURDAY, APRIL 28 11 AM at Souderton Park—FREE

TO REGISTER AND WITH QUESTIONS:

STOP IN- Mark Cashatt's Taekwon-Do School, Inc. 665 Forman Road Souderton PA 18964

OR CALL 215-721-1839 OR EMAIL cashattTKD@gmail.com

www.happythoughttaichi.com