



Taoist Tai Chi® arts

Fung Loy Kok Institute of Taoism

Join people from all around the world who practice these arts to improve their lives. No experience is required to participate. Everyone starts from the beginning and progresses from there.

Develop a mind that is dynamic yet clear and calm and a spirit that is resilient yet light and peaceful. *Taoist Tai Chi®* practice is a moving meditation that reduces stress and helps you find joy. Physically it will make you energetic, balanced, strong and supple.

Taoism teaches that health comes when body, mind and spirit work together in harmony. ***Taoist Tai Chi® arts*** grew from this tradition and are a powerfully beneficial path of ultimate transformation.

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www.taoist.org

Mondays 7:00 - 8:30 pm Fridays 9:30 - 11:00 am