

Mother's Day Tea... with a Twist



Mother's Day Tea and Tai-Chi Event.

Make another special moment with your mom!

May 11th, 2013 - 10-12 noon

\$25/person - Special early bird by April 15th: \$45 for 2

Location:
Emmanuel United Church
22 Bridgeport Road West
Waterloo

Simple things can make you feel good...

Tea and Tai-Chi in quiet and cozy surroundings.

Whether or not you've tried Tai-Chi and QiGong before, this special workshop will be an enjoyable way to spend time with mom. Either sitting or standing, the easy Tai-Chi movements get your energy flowing with an effect that is both calming and rejuvenating.



Tai-Chi's gentle, elegant moves are interspersed with herbal and Asian tea tasting.

The leisurely pace allows time for questions and conversation.

You will leave refreshed and relaxed, ready to enjoy the rest of your weekend.

Hosts:
Patricia Beretta, PhD, Tai-Chi instructor

Beth Weisberg, Asian tea specialist