

# Warm up for Winter with Tea & Tai-Chi !



**Emmanuel United Church**  
22 Bridgeport Road West,  
Waterloo

## Fortify your Natural Defenses

A special event to prepare your body for winter

November 2<sup>nd</sup>, 2013 - 10-12 noon

\$30 /person

Special early bird by Oct 15<sup>th</sup>: \$25 /person, \$45 /2 people

## Simple movements, small sips: big payoffs for your health

### Tea and Tai-Chi in a quiet and cozy atmosphere.

Here come the holidays! Can you feel yourself entering that run-run-run mode, frantically trying to keep on top of the everyday while planning special moments for everyone else?

Don't miss the gifts that winter can bring: slowing down, going deep, and building inner strength.



### You don't need any Tai-Chi experience to benefit.

Join Patricia and Beth as they guide you through a wealth of winter health secrets.

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

Leave rejuvenated and relaxed, ready to take on winter!

Hosts:  
Patricia Beretta, PhD, Tai-Chi instructor

Beth Weisberg, Asian tea specialist

To register: [patricia@LeShiatsu.com](mailto:patricia@LeShiatsu.com)

519-496 8973

[www.LeTaiChi.com](http://www.LeTaiChi.com)