

Take a Bite of Tai-Chi!



Mindful Lunch with Tai-Chi

Sat. May 3rd, 2014 11:30am - 1:30pm
\$35/person
12 participants max. Sign up early to ensure your spot!

Location: Fiddleheads
Seminar Room & Kitchen
25 Bruce St., Kitchener

Hosts:

Patricia Beretta, PhD, Acupuncturist, CTF Certified Tai-Chi Instructor
Dawn Taylor, Registered Holistic Nutritionist

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Balance the Way You Eat and the Way You Move

Whether or not you've tried Tai-Chi and QiGong before, this special workshop is an enjoyable way to relax and rejuvenate.

Using millennia of experience from Traditional Chinese Medicine & Nutrition, learn how to balance the way you eat for optimal health.

Tai-Chi is good for stress, vitality and balance. The easy movements both calm and energize you.



Receive and prepare recipes specially made for the body's spring needs. Enjoy a satisfying lunch of soup, wraps, and dessert!