

# Mother's Day Tea... with a Twist



## Mother's Day Tai-Chi and Tea Event.

Make another special moment with your mom, or dad!

May 10<sup>th</sup>, 2014 - 10-12 noon

\$25/person - Special early bird by April 20<sup>th</sup>: \$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 and/or dad. 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.

Host:  
Patricia Beretta, PhD  
Certified Tai-Chi instructor