

Build physical health and mental clarity

Join instructor, Paul Lara, to
increase core strength,
improve your posture and
promote environmental
adaptability.

This class is beneficial for
people of all ages and is easily
adaptable to those with
physical challenges.

**Mondays & Wednesdays:
7:15pm - 8:15 pm**

12-Week Session: \$205
Drop-in: \$22

All prices include HST



540 Mt. Pleasant Rd.
416.482.3340
www.lifewisehw.com

TAI CHI

**Spring Session Begins the week
of April 11th**

With health as a foundation, this
course makes use of ancient
longevity exercises that increase
core strength, improve posture and
promote environmental
adaptability.

Founded on Daoist principles, these
gentle forms focus on consciously
moving Qi through the meridians of
the body using meditative
techniques, physical
movement and
breathing.

Incorporating mind
and body, Tai Chi
helps build the
structural blueprint
for physical health and
mental clarity.



REGISTER NOW!