



# TAI CHI NANAIMO

A S S O C I A T I O N

**Philippe Gagnon, 2016**  
Workshop Agenda,  
Nanaimo Area, Sept 10 to Sept 14, 2016

**TAI CHI**

Saturday, Sept 10

09:00 to 09:30 Check in  
09:30 to 12:30 Tai Chi  
12:30 to 14:00 Lunch  
14:00 to 17:00 Tai Chi  
17:00 to 19:00 Dinner  
19:00 to 20:30 Tai Chi

**Oliver Woods Centre, 6000 Oliver Rd., Nanaimo.**

**LOK HUP**

Sunday, Sept 11

09:30 to 10:00 Check in  
10:00 to 12:30 Lok Hup  
12:30 to 14:00 Lunch  
14:00 to 17:00 Lok Hup

**Oliver Woods Centre, 6000 Oliver Rd., Nanaimo.**

**SWORD**

Monday, Sept 12

09:30 to 10:00 Check in  
10:00 to 12:30 Sword  
12:30 to 14:00 Lunch  
14:00 to 17:00 Sword

**Bradley Centre, 975 Shearmer Rd., Coombs, BC.**

**SABRE**

Tuesday, Sept 13

09:30 to 10:00 Check in  
10:00 to 12:30 Sabre  
12:30 to 14:00 Lunch  
14:00 to 17:00 Sabre

**Bradley Centre, 975 Shearmer Rd., Coombs, BC.**

**TAI CHI Hosted by Parksville Tai Chi**

Wednesday, Sept 14

09:30 to 10:00 Check in  
10:00 to 12:30 Tai Chi  
12:30 to 14:00 Lunch  
14:00 to 17:00 Tai Chi

**Bradley Centre, 975 Shearmer Rd., Coombs, BC.**

Note: There will be a short, 15 minute break during each morning, afternoon and evening session.