

3 Spring Workshops—A Tea Ceremony—Singing Bowls Meditation



TAI CHI

Featuring Grandmaster Franklin Wood

THREE EXCITING & FUN-FILLED DAYS
MARCH 23—MARCH 26 AND 27



Monday, March 23—Fairway #3
108 Set 2 Workshop 10:30 to 12:30

Thursday, March 26—Bell Social Hall 2—Tai Chi Workshop 1—10:00—to 12:00
Chinese Tea Ceremony 1:00 to 1:45 followed by
Singing Bowls Meditation 2:15 to 3:10

Friday, March 27—Bell Social Hall 2— 108 Set 3 Workshop 1:00 to 3:00

“We have great teachers at the Tai Chi Club; but every time I participate in a workshop taught by Grandmaster Franklin, I learn something new.” Karen O.

Cost for RCSC Cardholders

The Tea Ceremony \$7.00 (includes a souvenir tea cup)

The Singing Bowls Meditation \$7.00

\$25.00 for 1 Workshop—\$45.00 for 2 Workshops—\$65.00 for All 3 Workshops

Add: \$2.50 for Escorted Guests

Come join us for the **Chinese Taoist Tea Ceremony**. Listen to the interesting history of tea and the dramatic beginnings of the Taoist Tea Ceremony. The earliest written records of the Taoist Tea Ceremony date back to the Tang Dynasty. . . Over 1200 years ago. Draw from the peace and quiet of the tea ceremony to let go of your worries and cares. Share in the joy and reflection of the tea, allowing that feeling of relaxation to deepen and soothe you as you transition to the beautiful **Singing Bowls Meditation**. Simply sit or lie on the floor with eyes closed and allow the vibrations of the bowls to wash over you. Bring a blanket or mat and pillow. Chairs will be provided.



Taoist Abbott Grandmaster Franklin Wood is a noted author, popular teacher and the Director of the School of Tao Chi since 1977.

He has over 60 years teaching Tai Chi, Qi-Gung, and Shaolin Kung Fu. We can learn from Grandmaster Franklin how to live with improved circulation, better balance, flexibility and overall health and fitness. In addition to his Spring Workshops and Singing Bowl Medication this year, he will present a Chinese Taoist Tea Ceremony, the first for our Club and possibly the first Tea Ceremony in Sun City.

For More Information, Call Elisa at 480-710-8497 or email taichigongaz@gmail.com