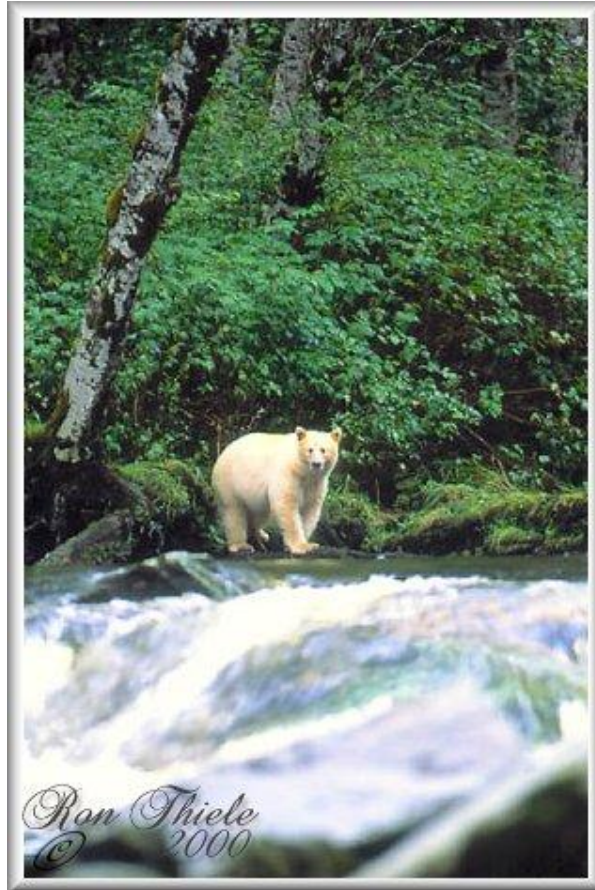




Cold Mountain Internal Arts

Spirit Bear Qigong Meditation and Self-Defense - I



An afternoon Workshop sponsored by

Cold Mountain Internal Arts, at Calvin Presbyterian Church

248 Westmount Rd. E., Kitchener, ON

Saturday, March 27 from 1:00 to 4:30 p.m.

This introductory seminar will explore meditational visualization, and the basics of range, angle, and inside and outside positioning. Based upon T'ai Chi principles, *Spirit Bear Boxing* is a suitable and fun introduction to meditation and self-protection.

Cost: \$30.00 single, \$40 family
No pre-registration necessary.

For more info contact stevehiggins@rogers.com (Ph.) 519-576-3206