



www.taiji.no

Softness is stronger than hardness.



A Taijiquan workshop for Aikido practitioners.

Playing Taiji principles in relation to pushing hands and inner alignment.

Instructor: Pamela Hiley

Saturday february **14th** 2015

Time: 10.00 - 18.00

Place: Norsk Taiji Senter, Kirkegt. 1-3, Oslo.

Price: 1500,- including lunch and chinese tea.

For reservation: mail to pamela@taiji.no

See our webpages www.taiji.no and <http://tenshinkan.no> for more info.

**TENSHINKAN
AIKIDO DOJO**