



Ancient Design~Waking Dao invites ADULTS, TEENS, and CHILDREN to experience our unique programs that awaken your inner awareness through movement and Chinese healing arts. Improve your overall physical fitness, heal the tendons and joints, and learn self defense skills in a safe and supportive environment. Instructors have over 35+ years of experience between them.

NEW children's classes begin SATURDAY, FEBRUARY 6 – April 30th!

Little Phoenixes (3-5 years) 9:30-10:15am Cost: \$55/month

Flying Dragons (6-10 years) 10:15-11:30am Cost: \$60/month

Location: Churchill Park United Church 525 Beresford Ave., Winnipeg

For more information, or to register, email: wakingdao@gmail.com

Or call: Kellie 204-996-0440 or Kelly 204-509-4422