

## FESTIVE CHINESE NEW YEAR CELEBRATION: IN-PERSON SESSION



In Collaboration with  
The Cross-Cultural Community Services  
Association (TCCSA)



**Monday, February 9, 2026 | 11:00 a.m. – 1:00 p.m.**

Experience "meditation in motion" in our Tai Chi class, where you will master slow, flowing movements and controlled breathing to enhance your strength, flexibility, and mental clarity. No special equipment is required – simply wear comfortable clothing.



**This session will be conducted in Chinese/Mandarin.**

**Location: 690 Dorval Dr., Suite 100, Oakville, L6K 3X9**

Register by phone or email:  
(905) 875-3851 Ext. 5008  
nicoakville@achev.ca

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## 欢天喜地庆春节现场活动

与多华会 (TCCSA) 联合举办



**星期一, 2月9日, 2026 | 11:00 a.m. - 1:00 p.m.**

加入我们的太极活动，体验真正的“动中冥想”！在轻柔舒展的动作与深沉的呼吸中，让身体变得更强健、更灵活，同时赶走压力、找回心神的平静与专注。

无需任何装备，只要穿上舒服的衣服，就能轻松开启你的太极之旅。



地址：

690 Dorval Dr., Suite 100, Oakville, L6K 3X9



报名电话和邮箱：

(905) 875-3851 Ext. 5008

[nicoakville@achev.ca](mailto:nicoakville@achev.ca)

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