



intensive  
workshop  
with

IAN SINCLAIR



Péng 棚

Jǐ 擠

Lǚ 捋

ANTWERPEN, BELGIUM

Liè 掇

cǎi 採

28/6 - 1/7 2025

Zhǒu 肘

TAI CHI

Àn 按

Kào 靠

Ian began training in 1979 and has since been teaching full-time since 1992.  
He is an International Champion and a consultant and performer for film and TV.  
He has studied with many teachers.

He spent more than a decade as a student of the famous Grandmaster Shouyu Liang.  
He has studied many different styles of tai chi, as well as other internal and external martial arts.  
He currently lives and teaches in Orillia, Ontario, Canada.

His approach blends traditional methods with a modern scientific approach.  
He says that his goal is to teach students to surpass him as efficiently as possible.

He is the current President of the Canadian Taijiquan Federation  
more on [SinclairInternalArts.com](http://SinclairInternalArts.com)



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Ellgurds' school for Intercultural Movement  
is extremely proud of hosting Mr. Ian Sinclair for an intensive 4 days workshop TAICHI.

4 days : 360€    2 days : 220

3 days : 300€    1 day : 130€

vzw Ellgurd, Essenstraat 4, 2060 Antwerpen  
IBAN :BE24 7340 2563 0338 BIC : KREDBEBB  
mededeling : <naam> Ian Sinclair <1/2/3/4> days



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