

Silver Lotus Training Institute
presents:

SENSING / PUSH HANDS — WORKSHOP —

with Master Trainer Mike Poole

Explore the art of *listening through touch* with Sensing/Push Hands. This partner practice develops sensitivity, balance, relaxation, grounding, and awareness while learning to respond naturally to another person's movement and energy.

Through gentle, guided exercises, you'll discover how to stay centered, connected, and relaxed while maintaining your own structure and balance.



WHERE: Lewes Senior Activity Center



DATE: October 3rd, 2026
9 AM to 3 PM



COST: \$180.00
Registration ends on September 25th, 2026



To Register or for information:
contact Janet DeFeo
JMDTaiChi@gmail.com | (302) 278-9532



*No experience necessary—come with an open mind
and a willingness to explore!*