

W O R K S H O P V I S I T O R S  
G U I D E

# when in VANCOUVER for Tai Chi

This guide has active-links!

MASICH NEIJIA STUDIO • 3357 W. 4<sup>TH</sup> AVE (REAR) •



## The Studio

*The MaxiQi Neijia Studio is small and very rustic.*

*Located at: 3357 W. 4th Ave. (Rear) in the Kitsilano district of Vancouver's Westside.*

*Entrance to the studio is in the back lane courtyard.*

*Tell the cab driver, "W. 4th Ave. between Blenheim and Waterloo Streets." Taxi from the airport is about \$25. The main routes are as follows:*

- North on Granville or Oak St.
- West on 4th. Ave.

*As an alternative:*

*from Granville or Oak, one could go west on W. Broadway (which is basically W. 9th Ave.), then turn North on Blenheim or Waterloo. Broadway is a major route.*

### SamMasich.com

Bookmark the site for updates on schedules, info on instructional videos, music etc. Click the 'RSS' button in your browser window or the 'XML/RSS' button on the drop down menu for a quick list of recent site updates.

### Strange Horse News

Subscribe to the newsletter or download it directly from the site.

This is a great way to keep up to date with Sam's work and with the website.

## ✧ Getting Around ✧

*The simplest way to gain your bearings in Vancouver is by referencing our beautiful coastal mountains which lay directly North of the city. They can be seen from every district in Vancouver.*

### ORIENTING YOURSELF IN VANCOUVER

The studio is in the **Kitsilano** (aka. 'Kits') district of Vancouver's Westside, only a few kilometres from the University of British Columbia (UBC).



We divide our time between the studio and **McBride Park**, which is kitty-corner to the studio at Waterloo and 5th Ave. behind the tennis courts. When the weather is nice we will be outside a lot so bring sunscreen and hat! The park has shade.

#### Where to stay:

Its possible for students on a budget to 'camp' in the studio—but it is very basic (no shower).

The studio is within a 15 minute walking

distance of the Jericho Youth Hostel. See next page there is a list of nearby accommodations.

#### Where to eat:

There are several truly excellent restaurants in the Kitsilano area. Last page for restaurants we like.





## Vancouver Hot Spots for Tai Chi players

### Vancouver Chinatown

Restaurants, Chinese video & bookstores, TCM supplies & martial arts equipment all within a few blocks in Vancouver's world famous Chinatown. [www.vancouverchinatown.ca](http://www.vancouverchinatown.ca)

Check out these shops on the corner of Pender and Carrall Street near 'Silk Road'

**Dragon Martial Arts supplies** 28 E. Pender  
Best spears in North America! Tell Ying you are Sam's student and he'll give you a good discount!



**C.C. Arts** 20 E. Pender St.  
Yukman Lai is a world famous calligrapher and painter. Where Sam's Little Productions logo was created.

**Dr. Sun Yat-Sen Classical Chinese Gardens** 578 Carrall St.  
This is where the intro to the Push Hands Video was shot. An extraordinary place!

**Sino United Publishing**  
78-80 E. Pender St.  
Chinese bookstore with English titles as well.  
Need good dictionary?

**Shouyu Liang Tai Chi Wushu Institute**  
220 Jackson Ave.  
near Chinatown.  
Why not watch or better yet sit in on a class with Sam's teacher? It a rough neighborhood but a great experience.  
**ShouyuLiang.com**

*Vancouver has a huge Asian population and a lot of martial arts resources and activity.*

**Queen Elizabeth Park** is home to hundreds of Tai Chi players who practice daily atop 'Little Mountain', the highest spot in the city. Its not near the studio but it is definitely worth a visit. (33<sup>rd</sup> & Cambie; *OM Chinese Vegetarian* restaurant is nearby)

### In Kitsilano:

**Banyen Books and Sound**  
3608 W. 4th Ave. (at Dunbar) for a wide selection of Tai Chi, Martial Arts and alternative healing books.

**Jericho Beach**  
Find your way down to Jericho beach and take a long seaside walk. A great place to practice Tai Chi, meditate and contemplate the meaning of White Crane Spreads its Wings!

## Places to Stay

### Hostels

- **Jericho Youth Hostel** 1-888-203-4303  
(15 min. walk to studio)
- **Downtown Youth Hostel** 1-888-203-8333  
(one bus to studio) [vancouver.central@hihostels.ca](mailto:vancouver.central@hihostels.ca)  
Web site for both is [www.hihostels.ca](http://www.hihostels.ca)

### UBC - University of British Columbia

**Conferences & Accommodation at UBC**  
1-888-822-1030 604-822-1000  
[reservation@housing.ubc.ca](mailto:reservation@housing.ubc.ca)

### B&Bs

- **Camilla House** 604-737-2687  
2538 West 13<sup>th</sup> (10 min. walk to studio)  
[www.vancouver-bb.com](http://www.vancouver-bb.com) (\$38 - \$125)
- **Penny Farthing Inn** 604-739-9002  
2855 W 5th (5 min. walk to studio)  
[www.pennyfarthinginn.com](http://www.pennyfarthinginn.com) \$145 - \$180
- **English Country Garden** 604-737-2526  
3466 West 15<sup>th</sup> (10 min. walk to studio)  
email: [english@uniserve.com](mailto:english@uniserve.com) \$110 and up

## BIG EVENTS TO COME

(so start thinking  
about them now!)

**JUL. '08**  
**Vancouver**  
**Push Hands**  
**Camps**

**JAN. '09-**  
**MAR. '10**  
in San Miguel  
de Allende Mexico  
**Yang Taijiquan**  
**3 Month Intensive**

**EUROPE 2009**  
**5 Section Taiji**  
**Full Curriculum**  
**Intensive**



### Preparation:

**Special Intensives**  
demand both training &  
preparation—for the  
work itself and for the  
time and expense  
involved. Think ahead  
and stay in touch!

## Fave Tai Chi Restaurants

### *Kitsilano*

**Raviolini** 2822 W. 4th  
Family run cafe deli.  
Unbelievable pasta.  
(5 min. walk fr. studio)

**The Naam** 2724 W. 4th  
Vancouver's oldest vege-  
tarian restaur-  
ant is very  
close to the  
studio. Started  
30 years ago  
by a Tai Chi  
person. 24/7



(10 min. walk fr. studio)

### **Tangs Noodle House**

2807 W. Broadway

Nothing fancy but tasty  
and cheap. Common Tai  
Chi lunch haunt.

(15 min. walk fr. studio)

### **East is East**

3243 W. Broadway

Afghani food extraordi-  
naire. Incredible Chai  
Tea'ers. High on food  
critics' lists.

### **Kits Sushi**

3105 W. Broadway

Really good fresh sushi,  
reasonably priced.

(15 min. walk fr. studio)

## *Around Town*

### **OM Vegetarian**

#### **Restaurant**

3466 Cambie St.

This excellent Buddhist  
vegetarian place is a 5  
min. drive from QE  
Park. Vegan friendly,  
Buddhist owned.

(20 min. drive fr. studio)

### **Shalin Noodle House**

584 W. Broadway

This outstanding noodle  
joint is another critics  
fave. Choice of 'cutting',  
'pushing' or 'dragging'  
noodles made while you  
watch. (15 minute drive  
from studio)

### **Taiwan Beef Noodle House**

8390 Granville St.

Top rated. Not near the  
studio but on the way to  
or from the airport.

(Near W. 68<sup>th</sup> St.)



## DOLLARS & CENTS

You can find an ATM  
near the studio at these  
VanCity branches:



### **Kits Community Branch** (Branch 4)

3395 West Broadway,  
Vancouver, BC

### **4th Ave Community Branch** (Branch 11)

2233 West 4th Avenue,  
Vancouver, BC

Many students pay for  
seminars in advance  
and this is much appre-  
ciated. If you have a  
balance owing, please  
arrive a half hour early  
on the first day of the  
class so we can take  
care of finances. Also,  
if possible, Sam prefers  
cash to cheques.  
Thanks!

