

Tai Chi & Energy Cultivation 2016-17 Intensives Schedule

TCF Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

Prerequisite: Previous experience in Tai Chi Fundamentals®

Cost: \$75 per session 10 days in advance

| Dates | Times | Location |
|------------------|-------------|---------------|
| Dec 3, 2016 Sat | 1:30-4:45pm | Milwaukee, WI |
| Apr 5, 2017 Wed | 5:30-8:45pm | Milwaukee, WI |
| Aug 16, 2017 Wed | 5:30-8:45pm | Milwaukee, WI |

TCF Movement Intensive & Energy Cultivation Instructor Training

WPTA CEU- Approved for 6 Contact Hours

Cost: \$130 entire session, \$75 for first half 10 days in advance

| Dates | Times | Location |
|------------------|--------------------------|---------------|
| Feb 18, 2017 Sat | 9:00-12:15 & 1:30-4:45pm | Milwaukee, WI |
| Jun 17, 2017 Sat | 9:00-12:15 & 1:30-4:45pm | Milwaukee, WI |
| Oct 28, 2017 Sat | 9:00-12:15 & 1:30-4:45pm | Milwaukee, WI |

Yang Style Cheng Man Ch'ing Form Intensives

Prerequisite: Previous experience, all levels welcome

Cost: \$75 per session 10 days in advance

| Dates | Times | Location |
|------------------|----------------|---------------|
| Dec 3, 2016 Sat | 9:00am-12:15pm | Milwaukee, WI |
| Mar 9, 2017 Thur | 5:30-8:45pm | Milwaukee, WI |
| Jun 14, 2017 Wed | 5:30-8:45pm | Milwaukee, WI |
| Aug 23, 2017 Wed | 5:30-8:45pm | Milwaukee, WI |

Intensives Locations and Instructors

☉ Milwaukee Wisconsin Area

Instructor/Contact: Patricia Culotti, Enhancing Balance
W249 S6680 Center Drive, Waukesha, WI 53189.

Inquiries 262-662-1060 or pat@enhancingbalance.com

☉ Madison Wisconsin

Instructor: Tricia Yu, at Tai Chi Center of Madison
301 S. Bedford Street. Suite 219, Madison, WI

Please note: this is different from the office mailing address
Contact: 608-663-8299 or doug@taichicenterofmadison.com

☉ Taos, New Mexico

Instructor: Tricia Yu, Tai Chi Health Studio

Contact: 575-776-43470 or tyu@taichihealth.com

Registration: Movement Intensives

Name _____

Email _____

Address _____

City _____ State ____ zip _____

Home Phone _____ Cell _____

Register Separately for Each Location

Please Note: Additional Fees for Late registration

\$75 per 3-hour intensive 10 days in advance

\$130 per 6-hour intensive 10 days in advance

Fees Enclosed: _____

\$20 late fee assessed if registering within 10 days of Intensive

Milwaukee, WI Area

Checks payable to: Enhancing Balance

Mail to: W249 S6680 Center Dr, Waukesha, WI 53189

TCF Movement Intensives 3 hours:

___ Dec 3, 2016 ___ Apr 5, 2017 ___ Aug 16, 2017

TCF Movement Intensives/Energy Cultivation: 6 hours

___ Feb 18, 2017 ___ Jun 17, 2017

Yang Style Cheng Man Ch'ing Form Intensives: 3 hours

___ Dec 3, 2016

___ Mar 9, 2017 ___ Jun 14, 2017 ___ Aug 23, 2017

Madison, WI

Checks payable to: Tai Chi Center of Madison

Mail to: 5313 Fairway Dr. Madison, WI 53711

TCF Movement Intensives/Energy Cultivation: 6 hours

___ Oct 29, 2016

Yang Style Cheng Man Ch'ing Form Intensives: 3 hours

___ TBA, 2016 ___ TBA

Taos, NM

Register by Credit Card- Call 575-776-3470 or

Checks payable to: Tricia Yu

Mail to: PO Box 454, Taos, NM 87571

TCF Movement Intensives/Energy Cultivation: 6 hours

___ TBA, 2016

Yang Style Cheng Man Ch'ing Form Intensives: 6 hours

___ TBA, 2016

Intensive Descriptions:

TCF Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

NMPTA CEUS TBA

Review and refine all TCF Movement Patterns and form sequences of your choice. Includes small group and individual practice. We explore ideas for teaching and constructive feedback. This is ideal training for enriching personal tai chi practice, for working toward TCF certification and for those interested in keeping their certification current. Bio-mechanics analysis provides in-depth focus on movement mechanics for those interested in this aspect of teaching and training –especially for those teaching this system and health care practitioners using TCF in their practice. Patient Handout Software database available through Visual Health Information <http://www.vhikits.com/>

Tai Chi Fundamentals® & Energy Cultivation Intensives

WPTA CEU- Approved for 6 Contact Hours;

NMPTA CEUS TBA

This course combines review of TCF Movement Patterns and form sequences with training in important energetic components that apply directly to the TCF program that can be documented for reimbursement. Includes relaxation and sensing qi processes practiced lying down, seated, standing and moving. All movement patterns, TCF form and sensing qi exercises are available in The Tai Chi Fundamentals® Patient Handout Software database available through Visual Health Information <http://www.vhikits.com/>

Yang Style Cheng Man Ch'ing Lineage Form Intensives

3 and 6 hours

Learn exercises for cultivating flexibility, strength, relaxed awareness and skill in sensing qi during form practice. Applications: every breath, gesture and situation of life. Review and refine form sequences of your choice. Includes small group and individual practice. We explore ideas for sharing, self correction, two person work and constructive feedback. Ideal both for enriching personal tai chi practice and developing teaching skills. If you are interested in becoming or already are a tai chi teacher –these are essential trainings.