

Tai Chi & Energy Cultivation 2018/19 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
Oct 11, 2018 Thur	5:30-8:45pm	Milwaukee, WI
Jan 9, 2019 Wed	5:30-8:45pm	Milwaukee, WI

TCF Movement Refinement, Certification prep & 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
Aug 11, 2018 Sat	9:00-12:15 & 1:30-4:45pm	Madison, WI
Nov 3, 2018 Sat	9:00-12:15 & 1:30-4:45pm	Milwaukee, WI
Feb 2, 2019 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
Aug 22, 2018 Wed	5:30-8:45pm	Milwaukee, WI
Dec 19, 2018 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: Pat Culotti, 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: 575-776-3470 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:

___ Oct 11, 2018 ___ Jan 9, 2019

TCF Movement Refinement/Certification Prep: 6 hours

___ Nov 3, 2018 ___ Feb 2, 2019

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

___ Aug 22, 2018 ___ Dec 19, 2018

Madison, WI

Register though Enhancing Balance for the August 11, 2018

Location is the Tai Chi Center of Madison 301 S. Bedford Suite 219 Madison, WI

TCF Movement Refinement/Certification Prep: 6 hours

___ Aug 11, 2018

All Registrations are Payable to and Sent to:

Enhancing Balance W249S6680 Center Dr, Waukesha WI, 53189.

Intensive Descriptions:

TAI CHI FUNDAMENTALS® INTENSIVES

Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice. Also exploring Sensing Qi or Energy Cultivation practices.

Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx#>

Tai Chi Fundamentals® Movement Refinement and Certification Preparation Intensives

WPTA CEU- Approved for 6 Contact Hours;

NMPTA CEUS

Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, for health professionals applying TCF therapeutically in their practice and for enriching your personal Tai Chi practice.

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Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Also includes preparation to teach Qigong Essence: a seated qigong routine for calming, uplifting and balancing energy. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx>

TCF Movement Refinement Intensives

WPTA CEU- Approved for 3 Contact Hours

NMPTA CEUS

If you already attended a 6-hour Certification Preparation intensive and need further review, this 3-hour intensive can be structured for your needs. You also can take this intensive twice to fulfill the 6-hour minimum intensive requirement for TCF Certification. Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice

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Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx>

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.