



# Enhancing Balance

with  
Patricia Corrigan Culotti

## Three-Hour Intensives Schedule 2024-25

### TCF/TCFA Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

**Prerequisite:** Previous experience in Tai Chi Fundamentals®

**Cost:** \$95 per session 10 days in advance

Dates	Times	Location
Oct 26, 2024 Sat	9:00 -12-15	Zoom/ In person, WI
Nov 16, 2024 Sat	9:00 -12-15	Zoom/ In person, WI
Feb 8, 2025 Sat	9:00 -12-15	Zoom/ In person, WI
May 10, 2025 Sat	9:00 -12-15	Zoom/ In person, WI

### Yang Style Cheng Man Ch'ing Form Intensives

**Prerequisite:** Previous experience, all levels welcome

**Cost:** \$95 per session 10 days in advance

Dates	Times	Location
Sept 11, 2024 Wed	5:30- 8:30pm	Zoom/ In person, WI
Oct 23, 2024 Wed	5:30- 8:30pm	Zoom/ In person, WI
Feb 5, 2025 Wed	5:30- 8:30pm	Zoom/ In person, WI

**For 6 Hour TCF Intensives see Tai Chi Health Website to register online.**

## Intensive Descriptions

### Tai Chi Fundamentals® Program

Ideal for certification preparation and for keeping certification current in both TCF and TCFA program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice.

### TCF Movement Refinement Intensives

WPTA CEU- Approved for 3 Contact Hours

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.

**Saturday Intensives have a 6 hour option** –Register through [www.taichihealth.com](http://www.taichihealth.com)

If you would only like to do the Afternoon option, talk with Pat and register through this form.

Enhances movement and teaching skills, analysis, applications, Mind/Body Skills review. Plus, coaching in constructive feedback and adjusting postural alignment. Also reviews Everyday Qi Gong for calming, uplifting and balancing energy.

### Yang Style Cheng Man Ch'ing Lineage Form

3 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.

## Movement Intensives Registration

Register directly with instructor by check or Venmo

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell \_\_\_\_\_

## Register Separately for Each Location

Additional Fees for Late registration

**\$95 per 3-hour intensive 10 days in advance**

Registration Fee \_\_\_\_\_

**\$20 late fee** \_\_\_\_\_ registering < 10 days of Intensive

**TOTAL** \_\_\_\_\_

**Checks payable to: Enhancing Balance/ Pat Culotti**

**Mail to: 4595A Turtle Creek Drive Brookfield WI 53005**

**Or Venmo @Patricia-CorriganCulotti**

**TCF Movement Intensives 3 hours:**

\_\_\_ Oct 26, 2024 9:00am \_\_\_ Nov 16, 2024 9:00am

\_\_\_ Feb 8, 2025 9:00am \_\_\_ May 10, 2025 9:00am

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

\_\_\_ Sept 11, 2024 5:30pm \_\_\_ Oct 23, 2024 5:30pm

\_\_\_ Feb 5, 2025 5:30pm \_\_\_ TBD, 2025 5:30pm

**All Registrations Payable to and Send to:**

Enhancing Balance:

4595A Turtle Creek Dr. Brookfield, WI 53005

OR Venmo: @Patricia-CorriganCulotti

[https://venmo.com/code?user\\_id=2691984695230464451](https://venmo.com/code?user_id=2691984695230464451)

## Intensives Locations and Instructors

📍 **Milwaukee Wisconsin Area & ZOOM**

Instructor/Contact: Patricia Culotti, Enhancing Balance

4595A Turtle Creek Dr. Brookfield, WI 53005. Confirm location

Locations will vary for fall and spring, please check.

**Inquiries 262-271-1061** or [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

Provided by

