

2010 Intensives Schedule

Course Descriptions on Next Page

TCF Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

Prerequisite: Previous experience in Tai Chi Fundamentals®

Times: 1:30 to 4:45pm

Cost: \$65 per session 10 days in advance

Dates

Jan 16 Saturday
April 24 Saturday
June 26 Saturday
Sept 11 Saturday

Location

Milwaukee, WI Area
Milwaukee, WI Area
Milwaukee, WI Area
Milwaukee, WI Area

TCF Movement Intensive & Energy Cultivation Instructor Training

WPTA CEU- Approved for 6 Contact Hours

Cost: \$110 entire session, \$65 for first half 10 days in advance

Dates Times Location

May 8 Sat	9am-12:15 & 1:30-4:45	Madison, WI
Oct 9 Sat	9am-12:15 & 1:30-4:45	Milwaukee, WI Area
Oct 30 Sat	1pm-4:15 & 6:00-9:15	Madison, WI

Yang Style Cheng Man Ch'ing Form Intensives

Prerequisite: Previous experience, all levels welcome

Times: 9:00 am to noon (1:30—4:30 where PM is indicated)

Cost: \$65 per session 10 days in advance

Dates

Jan 16 Sunday	Milwaukee, WI Area
April 18 Sunday PM	Madison, WI
April 24 Saturday	Milwaukee, WI Area
June 26 Saturday	Milwaukee, WI Area
Sept 11 Saturday	Milwaukee, WI Area

Location Specifics

☉ **Milwaukee Wisconsin Area**

Instructor/Contact: Patricia Culotti, Enhancing Balance

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

W249 S6680 Center Drive, Waukesha, WI 53189.

☉ **Madison Wisconsin**

Instructor/ Contact: Tricia Yu, Tai Chi Health

Inquiries 608-257-4171 or tyu@taichihealth.com

Tai Chi Center of Madison

301 S. Bedford Street. Suite 219, Madison, WI

Please note: this is different from the office mailing address

Please register early as space is limited and discounts apply for early registration

Registration:

Movement Intensives & Sensing Qi Training

Please register separately for Milwaukee and Madison Intensives

Name _____

Email _____

Address _____

City _____

State _____ zip _____

Phone _____

Previous Experience _____

I am registering for the following:

Milwaukee Area

TCF Movement Intensives:

Jan 16 April 24 June 26 Sept 11

Yang Style Cheng Man Ch'ing Form Intensives:

Jan 16 April 24 June 26 Sept 11

TCF Movement Intensives/Energy Cultivation Training

Oct 9 morning & afternoon

Registration Options:

- By Check *payable to: Pat Culotti, Enhancing Balance*
- Mail registration to: W249 S6680 Center Dr, Waukesha, WI 53189*

Madison

TCF Movement Intensives/Energy Cultivation Training

May 8 morning & afternoon October 30 afternoon & evening

Yang Style Cheng Man Ch'ing Form Intensives

April 18

Registration Options:

- By Credit Card: Call 608-257-4171 or 575-776-3470
- By Check: payable to: **Tricia Yu, Tai Chi Health**
- Mail registration to her at: P.O. Box 756, Taos, NM 87571*

Fee Enclosed: _____

\$65 per 3-hour intensive 10 days in advance \$75 at the door.

\$110 per 6-hour day 10 days in advance \$125 at door.

Use separate forms for each location/Instructor.

Over please

Intensive Descriptions:

TCF Movement/Analysis Intensives WPTA CEU- Approved for 3 Contact Hours

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.

TCF Intensives & Energy Cultivation Instructor Training WPTA CEU- Approved for 6 Contact Hours

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

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.