

# Schedule of Trainings & Classes for your well-being

A number of training options are available to meet a variety of schedules and needs. The 2-day TCF Professional Workshops are designed for health care professionals looking for continuing education credit, those interested in teacher certification and for students who are unable to attend weekly classes. Short Intensive trainings accommodate those who are interested in refining their practice and/or exploring the possibility of sharing these arts. Weekly classes are for everyone. Please contact us with any questions about these programs and to request registration information.

## Tai Chi Fundamentals Professional Training Workshops

### Level One & Two 2-day Workshops for CEU's

Sept 27 -28, 2008 Sat & Sun Milwaukee, WI  
March 21-22, 2009 Sat & Sun Madison, WI  
April 18 -19, 2009 Sat & Sun Milwaukee, WI  
Sept 26 -27, 2009 Sat & Sun Milwaukee, WI

### Level Three 2-day Workshops for CEU's

Nov 1-2, 2008 Madison, WI  
May 3 -4, 2009 Milwaukee, WI  
Oct 24 -25, 2009 Madison, WI

## Tai Chi Intensives

On Saturdays at Enhancing Balance:

**Morning sessions** 9:00-12:00 for Traditional Yang style form corrections and refinement.

**Afternoon sessions** 1:30-4:30 for Tai Chi Fundamentals form refinement and review.  
October 11, 2008

June 27, August 1 & November 7, 2009

Please contact us for registration forms for Workshops and Intensives.  
**Advanced registration is required.**

**Michael teaching "tui shou" or sensing hands exercises.**



## Tai Chi Fundamentals Weekly Classes

**MONDAYS:** Wauwatosa Recreation Department

Sept 22 - Dec 8: Mon. 6:15-7:30 pm

**QiGong class at GHM** last Mon of month start 9/29

**TUESDAYS:** Wisconsin Athletic Clubs—Tosa (7 wks)

July/Aug, Sept/Oct, Nov/Dec, 11:00am-Noon

**Aurora Women's Pavilion West Allis Mem. Hosp.**

Sept 9- Oct 28 or Nov 4 - Dec 23 5:15-6:15 pm

**WEDNESDAYS:** Moreland OB-GYN Center

TBA 11:00 am - Noon

**THURSDAYS:** Enhancing Balance

Oct 2 -Dec 11: Thurs. 9-10:00am

## Traditional Yang Tai Chi Weekly Classes

**MONDAYS:** Wauwatosa Recreation Department

Sept. 22 - Dec. 8, 7:15-8:30 pm

**Good Harvest Market (GHM)—Pewaukee/Waukesha**

Sept 22 - Nov 24, 9:00 -10:15 am (10 wk)

**TUESDAYS:** Wisconsin Athletic Clubs—Tosa

July/Aug, Sept/Oct, Nov/Dec: 10:00-11am

**Aurora Women's Pavilion West Allis**

Sept 9- Oct 28 or Nov 4 - Dec 23, 6:30-7:30 pm

**WEDNESDAYS:** G-Form Fitness

Oct 22 - Dec 17, 7:00-8:30 pm continuing class

**THURSDAYS:** Enhancing Balance

Oct 2 - Nov 20, 6:00 - 7:00 beg.

6:30 - 7:30 continuing and corrections

**OPEN sensing hands (Tui Shou) practice**

2nd & 4th Thurs. at Enhancing Balance, 7:30 pm

2nd Friday at Good Harvest Market, 5:45pm

## FREE Tai Chi/Qigong INTROS 2008:

**Oct 21** WAC Tosa 11:00 am - Noon

**Oct 22:** G-Form Fitness Center 7:00 - 7:30 pm

**Oct 28:** Aurora Women's Pavilion 5:00-6:00

**Nov 20:** Hammer Fitness 9:00-10:00 am

**Nov 20:** Enhancing Balance 6:00 - 7:00pm

**Nov 24:** Good Harvest 9:00 -10:00 am

## Locations:

**Aurora Women's Pavilion WAMH**

888/863-5502 or  
[www.AuroraHealthCare.org](http://www.AuroraHealthCare.org)  
8901 W. Lincoln Ave.

**G-From Fitness Center**

[www.gformfitness.com](http://www.gformfitness.com) or  
262/797-8676

19700 W. Bluemound Rd, Brkfld

**Enhancing Balance Studio**

[www.enhancingbalance.com](http://www.enhancingbalance.com) 262/662-1060  
W249 S6680 Center Dr, Waukesha  
At Hammer: W231 S7680 Big Bend Dr

**Good Harvest Market -Pewaukee/Waukesha**

[www.goodharvestmarket.com](http://www.goodharvestmarket.com) 262/544-9380  
1850 Meadow Lane (Hwy T south of I-94)

**Moreland OB-GYN & Chrysalis Center**

1111 Delafield St. Suite 311, Waukesha  
262/544-4411

**Wauwatosa Recreation Department**

[www.tosarec.com](http://www.tosarec.com) 414/773-2900  
Tosa West High School Cafeteria  
11400 W. Center St. Wauwatosa

**Wisconsin Athletic Clubs -WAC**

[www.thewac.com](http://www.thewac.com) 414/443-5000  
8700 W. Watertown Plk. Rd. Wauwatosa

**REGISTER EARLY, VIA LOCATION, TO RESERVE SPACE IN CLASSES**



W249 S6680 Center Dr. Waukesha, WI 53189

[www.EnhancingBalance.com](http://www.EnhancingBalance.com)

Phone: 262-662-1060

Cell: 262-271-1061(P) or 262-271-1060 (M)

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[mjculotti@gmail.com](mailto:mjculotti@gmail.com)



**Pat practicing snake slides down on Wayna Picchu in Peru**