

Taiji Fundamentals

Fundraising Workshops



Your participation in these workshops will help Taiji Instructor James Norman offset the expenses and tuition cost as he pursues the 3-year Taiji & Qigong Training at the YMAA Retreat Center.

Taiji Staff Fundamentals

Learn the basics of Taiji staff. This class will cover staff training methods, the basic staff handling and two-person staff drills. **Some Taiji experience required.** Staffs will be available or you are welcome to bring your own.

Monday, July 9, '18

7:30 - 9:15 pm

Min. donation of \$25 requested

James has been accepted by Dr. Yang into the 3-year Taiji & Qigong training program at the YMAA California Retreat Center beginning Sept. 2018. This is a full-time, live-in training program in Taijiquan and Qigong. Your donations will help offset the expenses and tuition costs for the program. For more info about the YMAA Retreat Center: www.YMAARetreatCenter.org

978.475.2020

www.YangsAndover.com



Yang's
MARTIAL ARTS
& FITNESS CENTER

Taiji Fundamentals for Center & Balance

No Experience Required

For new and experienced Taiji practitioners alike! This class will introduce exercises to improve your balance and equilibrium. We will take a closer look at the fundamental Taiji postures (such as peng) and how they help us maintain balance and center.

Thursday, July 12, '18

10:30 - 11:45 am

~ or ~

Sunday, July 15, '18

11:45 a - 1:00 pm

Min. donation of \$20/class requested

Pre-register to save your spot!



Name: _____ Phone: (____) _____

Email: _____ D.O.B. ____/____/____

New & non-current members, please complete waiver at first class.

Registration/participation is through a minimum requested donation and larger donations are accepted and greatly appreciated. To register, call 978.475.2020 or stop by the Front Desk:

Check payable to: YMAA Retreat Center can be considered a tax-deductible donation to a charitable organization as the YMAA Retreat Center is a non-profit organization. Check payments can be made at the Front Desk and will be the only form of payment eligible for this tax-deductible status.

Cash **Credit Card**

Total \$ _____

	Requested Donation	Additional Donation Optional
<input type="checkbox"/> Staff July 9 7:30 pm	\$ 25	\$ _____
<input type="checkbox"/> Center & Balance July 12 10:30 a	\$ 20	\$ _____
<input type="checkbox"/> July 15 11:45 a	\$ 20	\$ _____

Minimum of 8 participants / workshop required to hold workshop. Thank you for your support!