

# Tai Chi Ball

## Chi Kung

First-timers to Intermediate/Advanced

*The practice of Tai Chi (Taiji) Ball Chi Kung (Qigong) helps to improve your sensitivity to energy and movement while conditioning and toning the body.*

**Pre-register for early bird savings!**

**This 4-week course will include:**

- Taiji sensitivity skills
- Solo drills
- Partner exercises



**Level One/Beginner** participants will learn whole body movements that will help condition and tone the body as well as open up the body's energy channels for more vibrant health.

**Level Two/Intermediate & Advanced** participants expand on the basic patterns and will develop spacial awareness, sensitivity skills and a freedom of movement. **A MUST for those who wish to deepen their understanding of Taiji.**

**April 23 - May 14, '19 (4 wks.)**

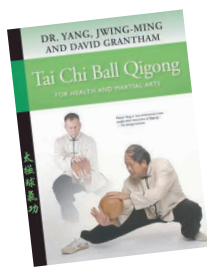
**Tuesdays, 7:45 - 9:00 pm**

**Instructor: Paul Blake**

Some Tai Chi experience is helpful.

**Register by Apr. 20 for Early Bird Savings!**

Please bring a ball the size of a soccer ball. Wooden Taiji balls are available, call or stop by and ask for Alex.



**5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020**

**www.YangsAndover.com**

**TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!**

**Non-members please complete all areas below. Members only need to provide name and signature.**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

Are there any health or medical concerns (past or present) that we should be informed of? \_\_\_\_\_

How did you find out about this class? \_\_\_\_\_

| Taiji Ball                              | Andover Tai Chi/ Shaolin students*        | Regular                        |
|---|---|--------------------------------|
| Tuesdays<br>4/23 -<br>5/14<br>(4 weeks) | By 4/20 <input type="checkbox"/> \$ 59    | <input type="checkbox"/> \$ 69 |
|   | After 4/20 <input type="checkbox"/> \$ 69 | <input type="checkbox"/> \$ 79 |

**For a wooden ball, call 978.475.2020 or stop in.**

**WAIVER OF LIABILITY**

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, it's owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

\*Must be currently enolled in another YMAA Andover Kung Fu or Tai Chi course during the time this course is held or is an active Yang's Fitness Center member. All refunds are subject to a 10% processing fee.

Participant Signature (Parent/Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

OFFICE USE:  
Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_ via \_\_\_\_ taken by \_\_\_\_

