

# Tai Chi Continuation

Tuesday Mornings



## Benefits of Tai Chi include ...

- Reduced Stress
- Improved Balance
- Increased Flexibility
- Increased Energy & Vitality

### What is Tai Chi?

Tai Chi (Taiji) is a therapeutic exercise system derived from Chinese martial arts focusing on the circulation of chi, or "life energy" found within and around all living things. Sometimes called "moving meditation", millions of men and women all over the world practice it daily as a gentle, stress reducing exercise.



5 Dundee Park, Andover, MA 01810  
978.475.2020

## Next Session

Tuesday Mornings

10:30 - 11:45 AM

11-week session:

Mar. 6 - May 15, '18

This is a "continuation" course. Prior enrollment in the beginner's Tai Chi course is required.

Questions? Please call or stop by and ask for Alex.

Min. of 8

Instructor: Meg Holmes

For more info visit: [www.YangsAndover.com](http://www.YangsAndover.com)

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

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? \_\_\_\_\_  
 What do you hope to achieve by taking this course? \_\_\_\_\_  
 How did you find out about this class? \_\_\_\_\_

### Tuesday Tai Chi Continuation

| 11 week session         | Yang's Members & Senior Citizens*           | Non-Members                     |
|-------------------------|---|---------------------------------|
| Mar. 6 thru May 15 2018 | Before 2/27 <input type="checkbox"/> \$ 129 | <input type="checkbox"/> \$ 149 |
|                         | After 2/27 <input type="checkbox"/> \$ 149  | <input type="checkbox"/> \$ 169 |

#### 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, its 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.

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

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

\*Yang's member is one who is enrolled 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. Age 60 & above qualifies for Senior discount. I.D. may be required. Credits/refunds are not offered for classes missed beyond our control with the exception of medical reasons with a doctors note. Does not include regular attendance in the Sunday, 10 a or Wednesday, 8 pm classes.

All refunds are subject to a 10% processing fee.

