

About this 12 week "Continuation" course:

Congratulations! You've completed (at least) the first 6 or 8 week Intro. to Tai Chi/Qigong course. Now you're taking the next step to completing Part 1 of the three-part Yang Style Tai Chi Form. In the next 12 weeks, we will review what you have learned in the first 8 weeks, complete Part 1 of the form and touch upon the elements of Parts 2 and 3. Upon completion of this course, you can choose to practice on your own or continue your Tai Chi journey by enrolling in the ongoing Continuation Course to complete learning the form.

Name: _____ Today's Date ____/____/____

Best Phone # to reach you: (____) _____

I am interested in the **Tai Chi: The Next Step After Intro. to Tai Chi** (12 week course):

Wednesday Evenings (8:00 - 9:15 PM) starting **September 4, 2019**

Sunday Mornings (10 - 11:15 AM) starting **September 8, 2019**



12-week session	Early Bird 7 days before	Regular
	<input type="checkbox"/> \$179.00	<input type="checkbox"/> \$199.00

Enrollment includes attendance on both Sundays and Wednesdays if needed.
Tuition does not include use of the fitness center. Ask about a discount for fitness center use.

Suggested Reference Materials: (prices below includes MA sales tax and your active member discount)

- Tai Chi Chuan Classical Yang Style Book by Dr. Yang Jwing-Ming: \$23.85 (reg. \$26.50)
- Yang Tai Chi For Beginners DVD by Dr. Yang Jwing-Ming: \$28.65 (reg. \$31.82)

RELEASE AND WAIVER OF LIABILITY:

In consideration of services to be received as a participant on these premises, the undersigned hereby releases and forever discharges Bodies In Motion, Inc. d/b/a Yang's Martial Arts Assoc. and Yang's Fitness Center & Martial Arts (Yang's), it's heirs, successors, administrators and assigns from any and all actions, cause of actions, liability, claims and demands upon or by reason of any damage, loss, injury or suffering known and unknown which may be sustained by participants named above in connection with and in the course of receiving the Yang's training and techniques on these premises, from the instructor or instructors, staff, official or employees of this association or any fellow students on the premises in connection therewith and within the course of taking training or lessons for the purpose designed in this application. He/She hereby waives all his/her rights to claims, actions, cause of action, demands for suit of loss, injury, damage, or suffering sustained as a result of anything other than gross negligence on the part of Yang's. As a precondition to admission, the undersigned represents that he/she is physically fit to participate in such training and techniques offered at Yang's. NOTE: All participants should consult with a physician prior to entering an exercise program or upon any changes in your health.

Payment Policy:

I understand that all payments made are not refundable once the course begins. In the event that I am not able to complete the course, all payments made are forfeited to Yang's unless confirmed otherwise in writing by Yang's. Refunds are subject to a 10% processing fee.

Signature of Applicant (required)