



TAI CHI

Continuation

This program includes ...

Who should take this course?

Anyone who wishes to complete learning Part 1 of the Tai Chi form. The continuation class is your next step.

I'm not real comfortable with what has been covered in the Introductory course, should I take this course?

You do not need to feel 100% confident with what you have learned to date in order to join this class. As a part of this continuation course, you will frequently review Part 1.

About Push Hands ...



Push Hands is an exercise performed by two people who wish to improve their Tai Chi skills. It provides Tai Chi practitioners with a format to test and improve upon their relaxation, flexibility, timing, balance, poise and numerous other qualities while in contact with another person. Call for more info or to observe a class!

- ✓ Completing and Reviewing Part 1 of the Tai Chi form
- ✓ Learning Parts 2 & 3 of the Tai Chi form
- ✓ Tai Chi Applications and Theory
- ✓ and an Introduction to Push Hands.

New Groups Forming ...

Pre-register at least 10 days prior to start of the class & receive a FREE* copy of the New User-Friendly Tai Chi Chuan Book by Dr. Yang

Retail: \$26.50

**Wednesday
Evenings
8-9:15 pm**

Instructor: Paul Blake

**January Session:
starts Jan. 18, 2012**

**Sunday
Mornings
9:30-10:45 am**

Instructor: Meg Holmes

**January Session:
starts Jan. 15, 2012**

**For info about the Tuesday Morning 10:30 am
Continuation class, call & ask for Diana.**

*Offer applicable to 8 month Sun./Weds. course only. First time participants.



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For More Information or to Register, Call 978.475.2020