

Class Descriptions

Yang 1, 2, 4 & 4+ *Bruce Aunet, Donna Silver, Doug Brown*
Learn Cheng Man Ch'ing lineage Yang Style "short form". It takes thirty weeks to learn this traditional martial arts form, so commitment to regular practice is necessary for participation. **Yang 4+** adds the postures that Cheng removed in creating his "short form".

T'ai Chi Fundamentals *Doug Brown, Eva Wright*
Start mastering T'ai Chi with Tricia Yu's program of the essential elements, including alignment, grounding, core movement and the Fundamentals Form that progresses from simple to complex.

T'ai Chi Fundamentals & ROM Dance* *Eva Wright*
Relax, strengthen and heal with T'ai Chi, Qigong, gentle range of motion exercises, and tea time! Designed for all, including those with painful or limiting health conditions. *Sliding fees! Pay what you can.

Qigong *Donna Silver*
Be more peaceful, alert and relaxed with gentle exercises for flexibility, function & energy flow. Part of all T'ai Chi practice, and also a stand-alone class on Tuesday evening with Donna Silver.

Sensing Hands *led by Advanced Students*
Learn to stay balanced, relaxed and "present" in challenging moments through cooperative explorative two-person play. Beginners will learn structured exercises and gradually be introduced to freeplay.

Sword *Jody Curley* **Sword Practice** *Bruce Aunet*
William C.C. Chen's version of the the Yang Style Tai Chi sword form

T'ai Chi Plus *Jody Curley*
Chi kung, meditation and William C.C. Chen's 60 Movements Tai Chi form. This class is open to all levels and may be joined at any time.

Dahn Energy Yoga *Offered by special arrangement with Mimi Millen of Dahn Energy Yoga - not taught by Tai Chi Center of Madison staff.*

These drop-in yoga classes include gentle energy meridian stretching, acupressure, core strengthening, meditation, breathing exercises and energy healing practices. Reduce stress while increasing your energy, fitness and positive mood, all improving your health & daily life.

Location: Bedford Square Building, 301 S. Bedford St., five blocks from the capitol.
Parking is plentiful on-street, and in the public lot across North Shore Drive by Monona Bay. **Do not park in the parking lot next to the Bedford Square building.**
Wear comfortable, non-restrictive clothing to help you enjoy your T'ai Chi classes.
Outdoor shoes are not allowed in the center. You may take class in socks or bare feet or bring clean, non-marking, flat soled shoes to put on after you arrive.
Cancellations due to weather will be announced on the Tai Chi Center answering machine one hour prior to class. (608)-663-8299.



www.taichicenterofmadison.com 608-663-8299

T'ai Chi Center of Madison

January 11 - May 8, 2010

(No Classes March 29 - April 4)

B = Beginners Welcome DAYTIME EVENING

301 S. BEDFORD CLASSES

MONDAY

10:30 - 12:00 **B** T'ai Chi Fundamentals & The ROM Dance RMA

7:00 - 8:15 T'ai Chi Fundamentals 2 - Ongoing OMP
7:45 - 9:00 **B** T'ai Chi Fundamentals 1 - Beginning FMP

TUESDAY

9:00 - 10:30 **B** Dahn Energy Yoga (*see class description*) TEY
10:30 - 11:45 Yang 4 - Advanced T'ai Chi Form 4TA

5:30 - 6:15 Yang 4+ - Advanced T'ai Chi Form 4TP
6:15 - 7:15 **B** Qigong QG
7:15 - 8:00 **B** Yang 1 - Beginning T'ai Chi Form 1TP
8:00 - 8:45 Yang 2 - Intermediate T'ai Chi Form 2TP

WEDNESDAY

5:30 - 7:00 **B** Tai Chi Form & Function WWC

THURSDAY

9:00 - 10:30 **B** Dahn Energy Yoga (*see class description*) REY
5:30 - 6:30 **B** Yang 1 - Beginning T'ai Chi Form 1RP
6:15 - 7:15 Yang 2 & 4+ Advanced T'ai Chi Form 2RP or 4RP
7:15 - 7:45 Sword Practice RSW
7:45 - 9:00 **B** Sensing Hands RSH

SATURDAY

8:45 - 10:00 **B** Sensing Hands SSH
10:00 - 11:00 **B** Sword SSW
11:00 - 12:00 **B** WCC Chen's 60 Movement Short Form SWC

6333 ODANA RD. CLASSES (@BODY IN BALANCE)

TUESDAY

11:30 - 12:30 **B** Yang 1 & 2 T'ai Chi Form 1TA

WEDNESDAY

10:00 - 11:00 am **B** T'ai Chi Fundamentals FWA
5:30 - 6:30 pm **B** T'ai Chi Fundamentals FWP

Workshops & Special Classes

FREE!
No Registration

Introduction to T'ai Chi ⑤

Monday, January 4, 7:00 - 8:00 pm

Experience the quiet, nurturing beauty - and the gentle intensity that makes T'ai Chi unique among health practices. Discover what it can do for you!

FREE!
No Registration

Introduction to "Sensing Hands" ⑤

Thursday, January 7, 7:15 - 8:15 pm

Sensing Hands can be a structured, safe environment for learning to respond with calmness, balance, flexibility and sensitivity to the constant changes around us and within us.

Tricia Yu

Registration and information: www.taichihealth.com or call 608-257-4171

Yang Movement Intensives (Cheng Man Ching Form) Prereq: Experience in Yang Style

Learn exercises for cultivating flexibility, strength, relaxed awareness and skill in sensing qi during form practice. Applications: every breath, gesture and situation of life. Review and refine form sequences of your choice. Includes small group and individual practice. We explore ideas for sharing, self correction, two person work and constructive feedback. Ideal both for enriching personal tai chi practice and developing teaching skills. If you are interested in becoming or already are a tai chi teacher, these are essential trainings.

April 18 1:30 - 4:30

Tai Chi Fundamentals Professional Training Workshop Level 1 & 2 Prerequisite:None

This 2-day courses teaches all elements required for Levels One and Two Certification in the Tai Chi Fundamentals Program. Participants learn the 12 basic movements of the Tai Chi Fundamentals (TCF) Program and the first section of the TCF form. Presenters integrate biomechanics analysis with mind/body integration components of tai chi. The course includes discussion on program applications in group wellness settings as well as therapeutic assessment and intervention tools.

April 24 - 25

Tai Chi Fundamentals Movement Intensive/Sensing Qi Training Prereq:TCF Experience

3-hour Saturday afternoon workshops review and refine TCF movements with focus on your areas of interest. Ideal for working toward TCF certification and enriching your tai chi practice.

May 8 8:00 - 5:00

Renting the Tai Chi Center

The Tai Chi Center, located in the Bedford Square Building just west of the Monona Terrace Convention Center on Monona Bay, is a simply and consciously maintained sanctuary for a variety of quiet and healing activities. In addition to hosting tai chi classes each week, several groups meet at the Center on a regular basis, including Zen sitting and archery, dance, and qigong classes. Weekends are available for workshops. Our space is used for various trainings, yoga retreats, Sufi workshops, days of mindfulness, celebrations, ceremonies, and seminars in personal growth, bodywork, movement, and healing.

Registration and Fees

1. Contact Information

Name _____

Address _____

City/St./Zip _____

Phone _____

email _____

2. List Your Chosen Class or Classes

Code	Class Name	Day
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Choose a Membership Term

_____ weeks x \$16/week = \$_____	
Session (1 class/week)	\$176
Session (Unlimited Classes)	\$219
Annual (Unlimited Classes)	\$480

4. Choose One Discount

Register before 1st class	-\$10
Physicians Plus Member	-15%
Dean Care Member	-10%

5. Total Fee*..... \$_____

*No refunds. Membership can be transferred or deferred up to one year.

6. Mail Check & Registration to:

Tai Chi Center of Madison LLC (Office)
5313 Fairway Dr. Madison WI 53711

You may also register at class.

Questions?

608-663-8299

www.taichicenterofmadison.com