

**Tai Chi & Energy Cultivation
2012 Intensives Schedule**
Course Descriptions on Next Page

TCF Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

Prerequisite: Previous experience in Tai Chi Fundamentals®

Times: as noted

Cost: \$65 per session 10 days in advance

Dates	Times	Location
Jan 5, Thurs	5:30-8:45pm	Milwaukee, WI Area
May 19, Sat	1:30-4:45pm	Milwaukee, WI Area
June 28, Thurs	5:30-8:45pm	Milwaukee, WI Area

**TCF Movement Intensive & Energy Cultivation
Instructor Training**

WPTA CEU- Approved for 6 Contact Hours

Cost: \$110 entire session, \$65 for first half 10 days in advance

Dates	Times	Location
Feb 25, Sat	9:00-12:15 & 1:30-4:45pm	Milwaukee, WI Area
July 28, Sat	9:00-12:15 & 1:30-4:45pm	Milwaukee, WI Area
Oct 20, Sat	12:30-3:45 & 4:45-8:00pm	Madison, WI

Yang Style Cheng Man Ch'ing Form Intensives

Prerequisite: Previous experience, all levels welcome

Times: As indicated

Cost: \$65 per session 10 days in advance

Dates	Times	Location
Jan 4, Wed	6:00-9:00pm	Milwaukee, WI Area
Jan 11, Wed	6:00-9:00pm	Milwaukee, WI Area
May 19, Sat	9:00am-Noon	Milwaukee, WI Area
July 12, Thurs	6:00-9:00pm	Milwaukee, WI Area
Oct 21, Sun	1:00-4:00pm	Madison, WI

Location Specifics

Milwaukee Wisconsin Area

Instructor/Contact: Patricia Culotti, Enhancing Balance

Inquiries 262-662-1060 or pat@enhancingbalance.com

W249 S6680 Center Drive, Waukesha, WI 53189.

Madison Wisconsin

Instructor/ Contact: Tricia Yu, Tai Chi Health

Contact: 608-663-8299 or doug@taichicenterofmadison.com

Tai Chi Center of Madison

301 S. Bedford Street. Suite 219, Madison, WI

Please note: this is different from the office mailing address

**Register early as space is limited and discounts apply
for early registration**

**Registration:
Movement Intensives & Energy Cultivation
Training**

Please register separately for Milwaukee and Madison Intensives

Name _____

Email _____

Address _____

City _____

State _____ zip _____

Phone _____

Previous Experience _____

I am registering for the following:

Milwaukee Area

TCF Movement Intensives:

___Jan 5 ___May 19 ___June 28

Yang Style Cheng Man Ch'ing Form Intensives:

___Jan 4 ___Jan 11 ___May 19 ___July 12

TCF Movement Intensives/Energy Cultivation Training

___Feb 25, am & pm ___July 28, am & pm

Registration Options:

o By Check payable to: **Enhancing Balance**

Mail registration to: W249 S6680 Center Dr, Waukesha, WI 53189

Madison

TCF Movement Intensives/Energy Cultivation Training

___ Oct 20, 2012

Yang Style Cheng Man Ch'ing Form Intensives

___ Oct 21, 2012

Registration Options:

o By Check payable to: **Tai Chi Center of Madison**

Mail registration to: 5313 Fairway Dr. Madison, WI 53711

Fee Enclosed: _____

\$65 per 3-hour intensive 10 days in advance \$75 at the door.

\$110 per 6-hour day 10 days in advance \$125 at door.

Use separate forms for each location/instructor.

Intensive Descriptions:

TCF Movement/Analysis Intensives WPTA CEU- Approved for 3 Contact Hours

Review and refine all TCF Movement Patterns and form sequences of your choice. Includes small group and individual practice. We explore ideas for teaching and constructive feedback. This is ideal training for enriching personal tai chi practice, for working toward TCF certification and for those interested in keeping their certification current. Bio-mechanics analysis provides in-depth focus on movement mechanics for those interested in this aspect of teaching and training –especially for those teaching this system and health care practitioners using TCF in their practice.

TCF Intensives & Energy Cultivation Instructor Training WPTA CEU- Approved for 6 Contact Hours

This course combines review of TCF Movement Patterns and form sequences with training in important energetic components that apply directly to the TCF program that can be documented for reimbursement. Includes relaxation and sensing qi processes practiced lying down, seated, standing and moving. All movement patterns, TCF form and sensing qi exercises are available in The Tai Chi Fundamentals® Patient Handout Software database available through Visual Health Information <http://www.vhikits.com/>

Yang Style Cheng Man Ch'ing Lineage Form Intensives

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.