

## Tai Chi & Energy Cultivation 2018/19 Intensives Schedule

### TCF Movement/Analysis Intensives

WPTA CEU- Approved for 3 Contact Hours

**Prerequisite:** Previous experience in Tai Chi Fundamentals®

**Cost:** \$75 per session 10 days in advance

Dates	Times	Location
Oct 11, 2018 Thur	5:30-8:45pm	Milwaukee, WI
Jan 9, 2019 Wed	5:30-8:45pm	Milwaukee, WI

### TCF Movement Refinement, Certification prep & Energy Cultivation Instructor Training

WPTA CEU- Approved for 6 Contact Hours

**Cost:** \$130 entire session, \$75 for first half 10 days in advance

Dates	Times	Location
Aug 11, 2018 Sat	9:00-12:15 & 1:30-4:45pm	Madison, WI
Nov 3, 2018 Sat	9:00-12:15 & 1:30-4:45pm	Milwaukee, WI
Feb 2, 2019 Sat	9:00-12:15 & 1:30-4:45pm	Milwaukee, WI

### Yang Style Cheng Man Ch'ing Form Intensives

**Prerequisite:** Previous experience, all levels welcome

**Cost:** \$75 per session 10 days in advance

Dates	Times	Location
Aug 22, 2018 Wed	5:30-8:45pm	Milwaukee, WI
Dec 19, 2018 Wed	5:30-8:45pm	Milwaukee, WI

### Intensives Locations and Instructors

#### 📍 Milwaukee Wisconsin Area

Instructor/Contact: Patricia Culotti, Enhancing Balance  
W249 S6680 Center Drive, Waukesha, WI 53189.

**Inquiries** 262-662-1060 or [pat@enhancingbalance.com](mailto:pat@enhancingbalance.com)

#### 📍 Madison Wisconsin

Instructor: Pat Culotti, at Tai Chi Center of Madison  
301 S. Bedford Street, Suite 219, Madison, WI  
*Please note: this is different from the office mailing address*  
**Contact:** 608-663-8299 or [doug@taichicenterofmadison.com](mailto:doug@taichicenterofmadison.com)

#### 📍 Taos, New Mexico

Instructor: Tricia Yu, Tai Chi Health Studio  
**Contact:** 575-776-3470 or [tyu@taichihealth.com](mailto:tyu@taichihealth.com)

### Registration: Movement Intensives

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

### Register Separately for Each Location

Please Note: Additional Fees for Late registration

**\$75 per 3-hour intensive** 10 days in advance

**\$130 per 6-hour intensive** 10 days in advance

**Fees Enclosed:** \_\_\_\_\_

\$20 late fee assessed if registering within 10 days of Intensive

#### Milwaukee, WI Area

Checks payable to: Enhancing Balance

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

**TCF Movement Intensives 3 hours:**

\_\_\_ Oct 11, 2018 \_\_\_ Jan 9, 2019

**TCF Movement Refinement/Certification Prep: 6 hours**

\_\_\_ Nov 3, 2018 \_\_\_ Feb 2, 2019

**Yang Style Cheng Man Ch'ing Form Intensives: 3 hours**

\_\_\_ Aug 22, 2018 \_\_\_ Dec 19, 2018

#### Madison, WI

Register though Enhancing Balance for the August 11, 2018  
**Location** is the Tai Chi Center of Madison 301 S. Bedford Suite  
219 Madison, WI

**TCF Movement Refinement/Certification Prep: 6 hours**

\_\_\_ Aug 11, 2018

**All Registrations are Payable to and Sent to:**

Enhancing Balance W249S6680 Center Dr, Waukesha WI, 53189.

## Intensive Descriptions:

### TAI CHI FUNDAMENTALS® INTENSIVES

Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice. Also exploring Sensing Qi or Energy Cultivation practices.

Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx#>

### Tai Chi Fundamentals® Movement Refinement and Certification Preparation Intensives

WPTA CEU- Approved for 6 Contact Hours;

NMPTA CEUS

Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, for health professionals applying TCF therapeutically in their practice and for enriching your personal Tai Chi practice.

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Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Also includes preparation to teach Qigong Essence: a seated qigong routine for calming, uplifting and balancing energy. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx>

### TCF Movement Refinement Intensives

WPTA CEU- Approved for 3 Contact Hours

NMPTA CEUS

If you already attended a 6-hour Certification Preparation intensive and need further review, this 3-hour intensive can be structured for your needs. You also can take this intensive twice to fulfill the 6-hour minimum intensive requirement for TCF Certification. Ideal for Tai Chi Fundamentals® (TCF) certification preparation and for keeping certification current in both the TCF Adapted Program and Original TCF Program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice

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Focus: review and refine TCF Basic Moves and Form for either TCF Adapted or Original TCF Programs. Includes teaching skills development, movement analysis, functional applications, Mind/Body Skills Training in breathing, relaxation, sensing qi (vital energy) and visualization, plus coaching in constructive feedback and helping students improve their postural alignment. Licensed health professionals can document all program elements for reimbursement. Basic Moves, Original TCF Form and sensing qi exercises are included in The Tai Chi Fundamentals® Patient Handout Software database available at Visual Health Information <http://www.vhikits.com/products/collections/TaiChi/TaiChi.aspx>

### Yang Style Cheng Man Ch'ing Lineage Form Intensives

3 and 6 hours

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.