

Schedule of Trainings & Classes for your well-being

A number of training options are available to meet a variety of schedules and needs. The 2-day TCF Professional Seminars are designed for health care professionals looking for continuing education credit, those interested in teacher certification and for students who are unable to attend weekly classes. Short Intensive trainings accommodate those who are interested in refining their practice and/or exploring the possibility of sharing these arts. Weekly classes are for everyone. Please contact us with any questions about these programs and to request registration information.

Tai Chi Fundamentals® Professional Training Courses (12- CEU's)

Course One 2-day Seminars for CEU's

Sept 21-22, 2018, Milwaukee
Mar 8-9, 2019, Milwaukee

Course Two 2-day Seminar for CEU's

Oct 5-6, 2018, Milwaukee
Apr 19-20, 2019 Milwaukee

Course Two 3-day Seminar for CEU's

Oct 20-21, 2018, Milwaukee
May 17-18, 2019 Milwaukee

Tai Chi Intensives for CEU's

Tai Chi Fundamentals® form refinement 3 hr.

Oct 11, 2018. Jan 9, 2019

All day Energy Cultivation Intensive -TCF 6 hr.

Nov 3, 2018 Feb 2, 2019

Yang Style only: Traditional CMC Yang style form corrections and refinement. 3 hr.

Aug 22, Dec 19, 2018.

FREE Tai Chi/Qigong INTROS 2018/19:

Free Try-it's Oct 30, : WAC; 10am

Dec 10, Jan 14, : Tosa West High School; 6pm

Nov 6, Nov 20, Dec 18, Jan 8: Aurora Pav. 5:00-6:00

Nov 28, Dec 12, Jan 16, Mar 20: G-Form 6:00 -7:00pm

Aug 15: Enhancing Balance 9:00am

Sep 19, Dec 12, Jan 16: Dreams Life Center 9:00am

Please call 262-662-1060 to register for Free Intros

Tai Chi Fundamentals® Weekly Classes

MONDAYS:

Wauwatosa Recreation Depart 6:15-7:15 pm

Sep 24 – Dec 10; Jan 14– Apr 8 n/c 3/25; Apr 15-May 20

TUESDAYS:

Wisconsin Athletic Clubs—Tosa (7 wks)

Nov/Dec; Jan/Feb; Mar/Apr: 10:00-11am

Aurora Women's Pavilion West Allis 5:15-6:15 pm

Nov 20– Dec 18; Jan 8– Feb 6; Mar 12– Apr 30, 2019

WEDNESDAYS:

G– Form Fitness Center 6:00-7:00p

Sep 19 –Dec 12 n/c 11/21; Jan 16– May 8 n/c 3/27

Dreams Life & Wellness Center 9–10:00am

Sep 19 – Dec 12 n/c 11/21; Jan 16– May 8 n/c 3/27

Traditional Yang Tai Chi Weekly Classes

MONDAYS:

Wauwatosa Recreation Depart 7:15– 8:30pm (n/c 4/2)

Sep 24 – Dec 10; Jan 14– Apr 8 n/c 3/25; Apr 15-May 20

TUESDAYS: Wisconsin Athletic Clubs—Tosa

Nov/Dec; Jan/Feb; Mar/Apr: 10:00-11am

Aurora Women's Pavilion West Allis 6:30-7:30

Nov 20– Dec 18; Jan 8– Feb 6; Mar 12– Apr 30, 2019

WEDNESDAYS:

G– Form Fitness/EB studio 7:00-8:15 pm

Sep 19 –Dec 12 n/c 11/21; Jan 16– May 8 n/c 3/27

Dreams Life & Wellness Center 9–10:30am

Sep 19 – Dec 12 n/c 11/21; Jan 16– May 8 n/c 3/27

SPECIALTY CLASSES:

Pat is at the Tai Chi Center of Madison on Thurs. evening, check their info for details. www.taichicenterofmadison.com

NEW WORKSHOP PiTaiYo at Tosa WAC Jan 1 at 10am

Register through the Tosa WAC 414/443-5000

Pat will be teaching at Prohealth Regency Senior communities in Muskego, Mondays at 9am and in New Berlin Tuesdays at 2pm starting in January and February 2019 (check sites).

Locations:

Aurora Pavilion West
Allis Hospital

888/863-5502 or

www.AuroraHealthCare.org

8901 W. Lincoln Ave.

G-Form Fitness Center

www.gformfitness.com or 262/797-8676

19700 W. Bluemound Rd, Brkfld

Enhancing Balance Studio

www.enhancingbalance.com 262/662-1060

W249 S6680 Center Dr, Waukesha

Dreams Life & Wellness Center

www.enhancingbalance.com 262/662-1060

732 Clinton St, Waukesha

Wauwatosa Recreation Department

www.tosarec.com 414/773-2900

Tosa West High School Cafeteria

11400 W. Center St. Wauwatosa

Wisconsin Athletic Clubs –WAC

www.thewac.com 414/443-5000

8700 W. Watertown Plk. Rd. Wauwatosa

The Tai Chi Center Of Madison 608/663-0299

www.taichicenterofmadison.com

301 S Bedford St. Madison Ste 219

REGISTER EARLY, VIA LOCATION, TO RESERVE SPACE IN CLASSES



W249 S6680 Center Dr. Waukesha, WI 53189
www.EnhancingBalance.com

Phone: 262-662-1060

Cell: 262-271-1061(P) or 262-271-1060 (M)

pat@enhancingbalance.com or

miculotti@gmail.com



Pat practicing snake slides down on Wayna Picchu in Peru

Join Pat & Michael for Continuing Education Credit Trainings or Well-Being Consultations

Optimum health requires the harmonious balance of body, mind, and spirit. Enhancing Balance Integrated Wellness Services help you balance these key components of life by developing personal programs that combine the healthful and restorative powers of Tai Chi, Qigong, acupuncture, energy work, and Chinese herbal foods in ways that are unique to individual needs and preferences. Take a balanced approach to addressing such issues as chronic pain, digestive problems, respiratory challenges, infertility, headaches, insomnia, menopause, chronic illnesses, and so much



Michael & Pat demonstrating at a Tai Chi Fundamentals® Professional Training

more. Reduce stress, strengthen your immune system and improve your endurance, flexibility, and mental focus. Take a wellness class. Even go on an international retreat. Become certified to teach or receive CEU's for the medically recommended tai chi movement system of Tai Chi Fundamentals. Consult with experts who can integrate all types of healing and medical assistance into your life for the best wellness plan possible.

Patricia Corrigan Culotti, BSA, CTI, MTF

pat@enhancingbalance.com

Co-founder of Enhancing Balance, a multi-service wellness company, Pat has taught tai chi and qigong to health professionals and diverse populations for hospitals and health care organizations since 1981. She teaches Cheng Man Ch'ing Yang style form internationally.

Certified in Yang style by 3 respected masters and Master certified in Tai Chi Fundamentals®, Pat develops programs and trains professionals for certification. She is a featured model in the *Tai Chi Mind and Body* book by Tricia Yu.

Michael Culotti, MSW, MPA, CA

mjculotti@gmail.com

Co-founder of Enhancing Balance, has studied and practiced the ancient Chinese healing arts since 1987. Michael is a certified acupuncturist and Tai Chi instructor who integrates this meditative and movement branch of traditional Chinese medicine with his patients.

Michael is a magna cum laude graduate of the Midwest College for Oriental Medicine and completed his clinical training at Guangzhou University in China.

For Professional Trainings and Certification Programs please contact Pat or Michael



W249 S6680 Center Dr.

Waukesha, WI 53189

www.EnhancingBalance.com

Phone: 262-662-1060

Cell: 262-271-1061 (P) or 262-271-1060 (M)

pat@enhancingbalance.com or

mjculotti@gmail.com



Tai Chi and Qigong are self-care practices which enhance Body, Mind and Spirit unification. These gentle Chinese exercises improve relaxation skills, mental focus, and physical alignment. Research has shown that regular practice is beneficial for balance, stress reduction, strengthening the immune system, joint concerns (arthritis), building endurance, flexibility, and alleviating chronic conditions.

The Tai Chi Fundamentals® Program

offers a simplified, systematic approach for mastering Tai Chi basics that maintains the integrity of traditional form and principles. The program introduces components of Tai Chi practice that foster health of mind, body and spirit. This program can serve as a complete exercise program and can provide solid basic training for those who wish to progress to the more complex forms of traditional Tai Chi.

The Traditional Yang Style Tai Chi forms

incorporate complex movement patterns throughout the entire sequence which have martial applications. The traditional Form developed by Master Cheng Man-Ch'ing is expertly designed to massage the whole acupuncture energy system of one's body. Tai Chi principles promote harmony in human interactions and as students progress the element of Tui Shou (Sensing hands or Push hands) will be introduced. Tui Shou is a gentle way of practicing the martial applications of Tai Chi. It incorporates aspects of letting go of one's ego to better know oneself and for successful conflict resolution.

All classes include Qigong and Meditation exercises.