

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 Workshops 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 Seminars (12-13 CEU's)

Level One & Two 2-day Seminars for CEU's

March 20-21, 2010 Milwaukee, WI
Sept 25-26, 2010 Milwaukee, WI

Level Three 2-day Seminar for CEU's

June 19-20, 2010 Milwaukee, WI

Tai Chi Intensives

On Saturdays at Enhancing Balance:

Morning sessions 9:00-12:00 for Traditional Yang style form corrections and refinement.

Afternoon sessions 1:30-4:30 for Tai Chi Fundamentals form refinement and review.

April 24, June 26, Sept 18, 2010

All Day intensive for TCF Oct 9, 2010

Please contact us for registration forms for Workshops and Intensives.

Advanced registration is required.



OPEN sensing hands (Tui Shou) practice
4th Thurs. at Enhancing Balance, 6:00 pm
2nd Friday at Good Harvest Market, 5:45pm

Michael teaching "tui shou" or sensing hands exercises.

Tai Chi Fundamentals® Weekly Classes

MONDAYS: Wauwatosa Recreation Department

Apr 12 – May 24, 6:15-7:30 pm

QiGong 6/14 - 7/19 n/c 7/5, 7/26– 8/23, 6:15– 7:15

TUESDAYS: Wisconsin Athletic Clubs—Tosa (7 wks)

July /Aug, Sept/Oct, Nov/Dec, 10:00-11am

Aurora Women's Pavilion West Allis Mem. Hosp.

May 18 – July 13 n/c 6/1 5:15-6:15 pm

QiGong class summer: July 27– Aug 17, 4:15-5:15pm

WEDNESDAYS: Wisconsin Athletic Club –Greenfield

July /Aug, Sept/Oct, Nov/Dec, 10:00-11am

G– Form Fitness Center in the Pilates/yoga studio

May 19– July 14 n/c 6/30 6:30-7:30 pm

Enhancing Balance July 21– Aug 25 6:00-7:00pm

THURSDAYS: Enhancing Balance

May 20– July 22, n/c 7/1 9–10:00am

Traditional Yang Tai Chi Weekly Classes

MONDAYS: Wauwatosa Recreation Department

Jun 14- Aug 23, 7:15-8:30 pm

Good Harvest Market (GHM)—Pewaukee/Waukesha

June 21– Aug 23, 9:15 -10:30 am (10 wk)

TUESDAYS: Wisconsin Athletic Clubs—Tosa

Mar/Apr, May/June, July/Aug 10:00-11am

Aurora Women's Pavilion West Allis

Mar 16 – May 4, May 18 – July 13 n/c 6/1 6:30-7:30 pm

WEDNESDAYS: G– Form Fitness (Aug. session at EB)

Mar 17– May 5, May 19– July 14 n/c 6/30 7:30-8:45 pm

THURSDAYS: Enhancing Balance

May 20– July 22 n/c 7/1 9:30 - 10:45am

FREE Tai Chi/Qigong INTROS 2010:

June 7, Aug 23: Good Harvest 9:00 -9:30 am

July 13, Aug 24: WAC Tosa 11:00 - 11:30am

July 13: Aurora Women's Pavilion 5:00-6:00

July 14: G-Form Fitness Center 6:15 - 7:00 pm

July 15: Enhancing Balance 9:00 - 10:00am

July 14, Aug 25: WAC Greenfield 10:00 - 10:30am

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

Locations:

Aurora Women's Pavilion WAMH

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
At Hammer: W231 S7680 Big Bend Dr

Good Harvest Market -Pewaukee/Waukesha

www.goodharvestmarket.com 262/544-9380
1850 Meadow Lane (Hwy T south of I-94)

UW-Waukesha Wellness Program (Commons)

www.waukesha.uwc.edu/ce 262/521-5460
1500 N. University Dr, 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 or 414/427-6500
8700 W. Watertown Plk. Rd. Wauwatosa
5020 S. 110th St Greenfield (NEW-Wed.)

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

mjculotti@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



Michael & Pat demonstrating at a Tai Chi Fundamentals Professional Training

much 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, ACTF
pat@enhancingbalance.com

Co-founder of Enhancing Balance, a multi-service wellness company, Pat has taught tai chi and qigong to 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 advanced 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, LAc
mjculotti@gmail.com

Co-founder of Enhancing Balance, has studied and practiced the ancient Chinese healing arts since 1987. Michael is a licensed acupuncturist and certified 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



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pat@enhancingbalance.com or
mjculotti@gmail.com

Tai Chi, Qigong & Meditation Classes

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.