

# 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 Seminars (12-13 CEU's)

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

March 16-17, 2012 Milwaukee, WI  
Sept. 21-22, 2012 Milwaukee, WI

### Level Three 2-day Seminar for CEU's

April 27-28, 2012 Milwaukee, WI  
Oct 13-14, 2012 Madison, WI

## Tai Chi Intensives for CEU's

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.  
May 19, June 28 & Aug 23(5:30-8:45), 2012

**All day Energy Cultivation Intensive for TCF**  
Sat. Feb 25, July 28, 2012

**Yang Style session: July 12, Aug 22**  
6:00-9:00pm please call **262-662-1060**

**Advanced registration is required.**

### FREE Tai Chi/Qigong INTROS 2012:

**Apr 16 & 23, July 2:** Good Harvest 9:00 -9:30 am  
**Apr 16 & 23, Jun 6:** Wauwatosa Rec 6:00-7:00pm  
**Apr 16, May 7:** WAC Tosa 4:15 - 5pm NEW Class  
**Apr 17, May 8, Jun 19:** WAC Tosa 11:00 - 11:30am  
**Mar 13, May 8, 15 & Jul 10:** Aurora Pav.5:00-6:00  
**Mar 14, Mar 21, May 9:** G-Form Fitness 6:00 - 7:00 pm  
**Mar 15, Mar 22, May 10:** Enhancing Balance 9:00am  
Please call **262-662-1060** to register for Free Intros!

## Tai Chi Fundamentals® Weekly Classes

### MONDAYS: Wauwatosa Recreation Department

**Tai Chi:** Apr 23– Jun 6, 6:15-7:30pm

**Qigong:** 6:15-7:15pm Jun 18– Jul 23 & Jul 30– Aug 20

**Good Harvest Market (GHM)—Free Intro 4/16!** (10 wk)

Feb 6– Apr 16, Apr 23– July 2, 8:30-9:30 (n/c 4/2 or 5/28)

### TUESDAYS: Wisconsin Athletic Clubs—Tosa (7 wks)

Jan/Feb, Mar/Apr, May/June 10:00-11am

**NEW Hoyt Park -Tosa Pool OUTDOORS & in**

Jun 19– Aug 14, 8:00-9:00 am (n/c 7/4)

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

Mar 13– May 8, May 15–July 10, Jul 17– Sept 4

### WEDNESDAYS: Tri-Motion Rehab 4:30-5:30pm NEW

New start in Fall 2012

**G– Form Fitness Center** 6:30-7:30 pm

Mar 21– May 9, May 16– July 11 (n/c 7/4)

### THURSDAYS: Enhancing Balance 9–10:00am

Mar 22– May 10, May 17– July 12 (n/c 7/5)

**John C. Cudahy YMCA** 6:30-7:30 pm

April 19– May 31 NEW class w/Certified TCF instructor

## Traditional Yang Tai Chi Weekly Classes

### MONDAYS: Wauwatosa Recreation Department

Apr 23-Jun 6, 7:30-8:45p, Jun 18-Aug 20 7:15-8:30p

**Wisconsin Athletic Clubs—Tosa NEW for Active Life**

Mar/Apr 4:30-5:30pm May/June

**Good Harvest Market (GHM)—9:15 -10:30 am**

Feb 6—Apr 16, Apr 23– July 2, (n/c 4/2 or 5/28)

### TUESDAYS: Wisconsin Athletic Clubs—Tosa

Jan/Feb, Mar/Apr, May/June 10:00-11am

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

Mar 13– May 8, May 15–July 10, July 17—Sept 4

### WEDNESDAYS: G– Form Fitness 7:30-8:45 pm

Mar 21– May 9, May 16– July 11 (n/c 7/4)

### THURSDAYS: Enhancing Balance 9:30 - 10:45am

Mar 22– May 10, May 17– July 12 (n/c 7/5)

### OPEN sensing hands (Tui Shou) practice

**2nd Friday** at Good Harvest Market, 5:45pm

## Locations:

### Aurora Women's Pavilion WAMH

888/863-5502 or  
[www.AuroraHealthCare.org](http://www.AuroraHealthCare.org)  
8901 W. Lincoln Ave.

### G-Form Fitness Center

[www.gformfitness.com](http://www.gformfitness.com) or 262/797-8676  
19700 W. Bluemound Rd, Brkfld

### Enhancing Balance Studio

[www.enhancingbalance.com](http://www.enhancingbalance.com) 262/662-1060  
W249 S6680 Center Dr, Waukesha

### Good Harvest Market -Pewaukee/Waukesha

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

### John C. Cudahy YMCA 414/586-9622

9050 N. Swan Rd (91st St) Milwaukee

### Tri-Motion Rehab

[laura@tri-motionrehab.com](mailto:laura@tri-motionrehab.com) 262/754-1650  
21140 W Capitol Dr #4 Brookfield

### Wauwatosa Recreation Department

[www.tosarec.com](http://www.tosarec.com) 414/773-2900  
Tosa West High School Cafeteria  
11400 W. Center St. Wauwatosa

Tosa Pool at Hoyt Park  
Swan Blvd. and Menomonee River Pkwy

### Wisconsin Athletic Clubs –WAC

[www.thewac.com](http://www.thewac.com) 414/443-5000  
8700 W. Watertown Plk. Rd. Wauwatosa

**REGISTER EARLY, VIA LOCATION, TO RESERVE SPACE IN CLASSES**



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**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, ACTF**

[pat@enhancingbalance.com](mailto: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 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](mailto: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**



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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.**