



# Enhancing Balance

with  
Patricia Corrigan Culotti

## Three-Hour Intensives Schedule 2020

### TCF/TCFA 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
Sep 1, 2020 Tues	9:30-12:30	Zoom/Brookfield, 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
Sep 2, 2020 Wed	5:30- 8:30pm	Zoom/Brookfield, WI

## Intensive Descriptions

### Tai Chi Fundamentals® Program

Ideal for certification preparation and for keeping certification current in both TCF and TCFA program. Great training for class instructors, health professionals applying TCF therapeutically and for enriching personal Tai Chi practice.

### TCF Movement Refinement Intensives

WPTA CEU- Approved for 3 Contact Hours

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.

Enhances movement and teaching skills, analysis, applications, Mind/Body Skills review. Plus, coaching in constructive feedback and adjusting postural alignment. Also reviews Everyday Qi Gong for calming, uplifting and balancing energy.

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

3 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.

## Movement Intensives Registration

Register directly with instructor by check or Venmo

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

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

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

## Register Separately for Each Location

Additional Fees for Late registration

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

Registration Fee \_\_\_\_\_

\$20 late fee \_\_\_\_\_ registering < 10 days of Intensive

TOTAL \_\_\_\_\_

Checks payable to: Enhancing Balance/ Pat Culotti

Mail to: 4595A Turtle Creek Drive Brookfield WI 53005

Or Venmo @Patricia-CorriganCulotti

TCF Movement Intensives 3 hours:

\_\_\_Sept 1, 2020 9:30am

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

\_\_\_Sept 2, 2020 5:30pm

All Registrations Payable to and Send to:

Enhancing Balance:

4595A Turtle Creek Dr. Brookfield, WI 53005

OR Venmo: @Patricia-CorriganCulotti

[https://venmo.com/code?user\\_id=2691984695230464451](https://venmo.com/code?user_id=2691984695230464451)

## Intensives Locations and Instructors

### 📍 Milwaukee Wisconsin Area & ZOOM

Instructor/Contact: Patricia Culotti, Enhancing Balance  
4595A Turtle Creek Dr. Brookfield, WI 53005. Confirm location  
Locations will vary for Fall and Winter, please check.

Inquiries 262-271-1061 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)

Provided by

