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

Course One 2-day Seminars for CEU’s
- Sept 20-21, 2019, Milwaukee
- Mar 20-21, 2020, Milwaukee

Course Two 2-day Seminar for CEU’s
- Oct 11-12, 2019, Milwaukee
- Mar 20-21, 2020, Milwaukee

Course Three 2-day Seminar for CEU’s
- Nov 1-2, 2019, Milwaukee
- June 5-6, 2020, Milwaukee

Tai Chi Fundamentals® Professional Trainings & Classes for your well-being

Tai Chi Fundamentals® Weekly Classes

**MONDAYS:**
- **Wauwatosa Recreation Depart** 6:15-7:15 pm
  - Sep 23 - Dec 9

**TUESDAYS:**
- **Wisconsin Athletic Clubs—Tosa (7 wks)**
  - Sep/Oct; Nov/Dec: 10:00-11am
- **Aurora Women’s Pavilion West Allis** 5:15-6:15 pm
  - Sep 17 - Nov 5; Nov 19 - Dec 17

**WEDNESDAYS:**
- **G-Form Fitness Center** 5:30-6:30p
  - Sep 25 - Dec 11 n/c 11/27
- **Dreams Life & Wellness Center** 9-10:00am
  - Sep 25 - Dec 11

Traditional Yang Tai Chi Weekly Classes

**MONDAYS:**
- **Wauwatosa Recreation Depart** 7:15– 8:30pm
  - Sep 23 - Dec 9

**TUESDAYS:**
- **Wisconsin Athletic Clubs—Tosa**
  - Sep/Oct; Nov/Dec: 10:00-11am
- **Aurora Women’s Pavilion West Allis** 6:30-7:30
  - Sep 17 - Nov 5; Nov 19 - Dec 17

**WEDNESDAYS:**
- **G-Form Fitness/EB Studio** 6:30-7:45 pm
  - Sep 25 – Dec 11
- **Dreams Life & Wellness Center** 9-10:30am
  - Sep 25 - Dec 11

**SPECIALTY CLASSES:**

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

Pat will be teaching at ProHealth Regency Senior communities in Muskego, Wednesdays at 11 am and in New Berlin Tuesdays at 2:30 pm for 2019 (check sites).

**Locations:**
- **Aurora Pavilion West Allis**
  - 888/863-5502 or www.AuroraHealthCare.org
  - 19700 W. Bluemound Rd, Bkfld

- **G-Form Fitness Center**
  - www.gformfitness.com or 262/797-8676

- **Enhancing Balance Studio**
  - www.enhancingbalance.com, 262/271-1061
  - 4595A Turtle Creek Dr Brookfield

- **Dreams Life & Wellness Center**
  - www.enhancingbalance.com, 262/271-1061

- **Wauwatosa Recreation Depart**
  - www.tosarec.com, 414/773-2900

- **Wisconsin Athletic Clubs – WAC**
  - www.thewac.com, 414/443-5000

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

- **Pat will be teaching at ProHealth Regency Senior communities in Muskego, Wednesdays at 11 am and in New Berlin Tuesdays at 2:30 pm for 2019 (check sites).**

**FREE Tai Chi/Qigong INTROS 2019:**

- **Aug 27, Oct 29:** WAC; 10am
- **Sep 23, Dec 9:** Tosa West High School; 6pm
- **Sep 3, Nov 5:** Aurora Pav. 5:00-6:00
- **Sep 25, Dec 4:** G-Form 5:30-6:30pm
- **Sep 25, Dec 11:** Dreams Life Center 9:00am

Please call 262-271-1061 to register for Free Intros.

**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

- **Enhancing Balance Studio**
  - www.enhancingbalance.com, 262/271-1061
  - 4595A Turtle Creek Dr Brookfield

- **Dreams Life & Wellness Center**
  - www.enhancingbalance.com, 262/271-1061

- **Wauwatosa Recreation Depart**
  - www.tosarec.com, 414/773-2900

- **Wisconsin Athletic Clubs – WAC**
  - www.thewac.com, 414/443-5000

- **Pat practicing snake slides down on Wayna Picchu in Peru**
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 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, C’II, 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

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.