Tai Chi Ball Chi Kung

Levels 1 and 2

The practice of Tai Chi (Taiji) Ball Qi Gong helps to improve your sensitivity to energy and movement while conditioning and toning the body.

This 8 week course will include:

✔️ Grand circulation
✔️ Four gates breathing
✔️ Stationary & moving sets.

Level One/Beginner participants will learn Basic Theory, Fundamental Patterns and Basic Stepping. Level Two/Intermediate & Advanced participants will learn Fundamental Patterns with Advanced Stepping and Two-Person Sticking and Coiling Exercises.

May 20 thru July 15, '14 (8 wks. *)

*No class on 6/3

Tuesdays, 7:45 - 9:00 PM

Instructor: Paul Blake

Some Tai Chi experience is helpful. Please bring a soccer sized ball.

Register by 5/13 for Early Bird Savings!

TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!

Name: ______________________________________  Birthdate:__/__/____ Phone (__)(____)____________
Address: _____________________________________ City:________________ State:_______ Zip:______ Email Address: _______________________________

Are there any health or medical concerns (past or present) that we should be informed of?_________________________________________________

How did you find out about this class?__________________________________________

________________________________________                     _________
Participant Signature (Parent/Guardian if under 18)          Date

Chi Kung Ball starts 5/20/14  Active* Yang’s Member Non-Member

Early Bird By 5/13
$ 99  $ 109

After 5/13
$ 109  $ 119

To purchase a wooden Taiji Ball, please ask for Alex.

* Must be actively enrolled in a Shaolin or Taiji class at YMAA
Andover during the time this course takes place.

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NON-REFUNDABLE AND NON-TRANSFERABLE ONCE THE COURSE BEGINS. ANY REFUNDS ARE SUBJECT TO A 10% PROCESSING FEE.

Date rec’d __/___/___  $ _____

Date

WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang’s Martial Arts & Fitness Center (Yang’s). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang’s shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang’s, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and/or suits which I or my heirs, executors, administrators, and assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns.

I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Participant Signature (Parent/Guardian if under 18) Date