Taiji Ruler Qigong for Health

SHORT FORM

A perfect complement for ANY martial artist ~ Taiji, Shaolin or any other style.

The practice of Taiji Ruler will:

✓ Open the energy pathways of the body
✓ Expand "guardian" Qi & tone the body
✓ Strengthen your body's structure & balance
✓ Teach you how to move & express power (Fa Jing).

Feb. 18 thru Mar. 11, '14 (4 wks.)

Tuesdays, 7:45 - 9:00 PM

Instructor: Paul Blake

A Taiji Ruler is required for participation, see Front Desk for info.

Pre-registration required.

Register by 2/12/14 and save!

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?__________________________________________________________________________________

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, it's owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or 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

Taiji Ruler - see front desk for info about purchasing one.

Taiji Ruler 2/18 - 3/11/14
Active* Yang's Member  Non-Member
Early Bird By 2/12  $ 49  $ 59
After 2/12  $ 59  $ 69

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

WAIVER OF LIABILITY

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Participant Signature (Parent/Guardian if under 18)  _____ Date  _____

Date rec’d  _____/_____/_____  $ _____ via ___ taken by ___

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