



Morning

TAI CHI

Continuation



Benefits of Tai Chi include ...

- Reducing Stress
- Improving Balance
- Increasing Flexibility
- Increasing Energy & Vitality

What is Tai Chi?

Tai Chi (Taiji) is a therapeutic exercise system derived from Chinese martial arts focusing on the circulation of chi, or "life energy" found within and around all living things. Sometimes called "moving meditation", millions of men and women all over the world practice it daily as a gentle, stress reducing exercise.

Tuesday Mornings, 10:30 - 11:45 AM

Winter '10/11 Session

Nov. 30 thru Feb. 8 (11 weeks)

Min. of 8



Yang's
MARTIAL ARTS
Since 1988

5 Dundee Park, Andover, MA 01810
978.475.2020

This is a "continuation" course so prior enrollment in the beginner's Tai Chi course is required. Questions? Please call or stop by and ask for Alex.

Instructor: Meg Holmes

For more info about Ms. Holmes & Tai Chi, visit: www.YangsFitnessCenter.com

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? _____

What do you hope to achieve by taking this course? _____

How did you find out about this class? _____



	Yang's Members & Senior Citizens*	Non-Members
11 weeks 11/30/10 - 2/8/11	By 11/23 <input type="checkbox"/> \$ 99	<input type="checkbox"/> \$ 129
	After 11/23 <input type="checkbox"/> \$ 119	<input type="checkbox"/> \$ 149

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, 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.

*Must be an active Yang's Fitness Center or Yang's Martial Arts member
OR age 60 and above. I.D. may be required.
All refunds subject to a 10% processing fee.

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

OFFICE USE:
Date rec'd ____/____/____ \$ _____ via _____ taken by _____