

September always signals the start of a new school year.

Take a look at our upcoming fall events. As always, we're offering up tai chi, chi gung, ba gua, and breathing. So where do you find anticipation and a spark of newness to unfold this year?

I guarantee that if you circle back over something that felt well-explored and comfortable last year, it will become an even deeper, smoother, and more satisfying practice this year. In these movement arts, progress works in circles or spirals rather than with a linear, more grade-oriented mindset.

Some things you might look for this year: Strengthen your internal wiring with Energy Gates, especially standing [see *reverse page*]. Deepen the connection between your moving and sitting practices [see *meditation article*]. Revisit one of six different levels of tai chi. Become more sensitive to your energy through Longevity Breathing Yoga or Dragon & Tiger. Ask me about a potential ba gua circle walking group.

Dan Kleiman,
Program Director

RAISING AWARENESS TO PREVENT FALLS

Join BTC tai chi demo September 22 at the State House

This year, one in three adults over age 65 will suffer a fall injury—the leading cause of death among seniors—and the health care system will pay \$500 million to treat them. Against this backdrop, tai chi's now proven abilities to benefit balance, gait, and mobility are attracting attention.

This September 22, BTC students have been invited to show our style in a group Short Form demo for the Massachusetts Falls Prevention Coalition's fourth annual awareness-raising event at the State House.

"Tai chi programs are catching on like wildfire," says Department of Public Health's Lewis Howe, head of the Injury

Prevention Division. The thrust of new awareness is to stave off injuries before they happen, and tai chi is an important tool.

Last April, BTC program director Dan Kleiman's address to the Coalition annual meeting "stirred a lot of interest where there was none." Howe reported seven of the 40 organizations present asking how to get a tai chi program started. Dan will speak again this fall.

For BTC the upcoming demo is a significant outreach into the healthcare community. The event draws about 100—state and elder affairs officials, clinicians, and seniors. We hope for wide support. [READ MORE at www.brooklinetaichi.org.]



Foundations of moving meditation

You can practice tai chi and ba gua for many different reasons, with many different goals. Some people work toward vibrant health, others use these arts to fight, and still others focus on relaxation and meditation. If your goal is meditation, you must shape your practice in a particular way.

Senior Instructor Craig Barnes will take you through foundational shaping strategies September 25 and 26. The workshop reviews what Taoist Lineage Holder Bruce Frantzis introduced last June at BTC but is open to those who did not attend. For those who did, it is a useful progress check.

Focuses will include: • grounding, or getting your energy out of your head and

into your body, • stabilizing the mind while you move, and • integrating your energy as you practice.

Many of the techniques Craig will introduce will be familiar from the mechanics we teach in regular classes. We do recommend that you feel comfortable with the basic choreography of a moving practice—tai chi or ba gua—in order to facilitate the transition from a health-focused practice to a meditative one.

Integrating these movement practices into everyday life is a strong emphasis of classical Taoism—one that accounts for the great many techniques for meditating while you sit, stand, move, lie down, or interact with others.

Brookline Tai Chi is a program of WaterWay Arts for Health & Energy, Inc., a nonprofit learning community.



SESSION DATES

Late Fall Nov. 1–Dec. 18.
Winter 2011 Jan. 3–Feb. 19.
Early Spring Feb. 28–Apr.
16. Late Spring Apr. 25–
June 11.

WORKSHOPS

September 25–26. *Moving
Meditation Review.* Craig
Barnes, Energy Arts Sen-
ior Instructor.

October 26–28. *Mini-Topics.*
Stay tuned for titles and
descriptions of these two-
hour seminars on subjects
we don't usually teach
in classes.

November 20–21. *Gods
Chi Gung.* Eric Peters,
Energy Arts Senior
Instructor.

New for fall: Energy Gates series

The Energy Gates three-course series starting up this fall—the first time since fall '08—is for students seeking a level of practice that devotes 20-40 minutes of each hour and a half class to standing. This is one of the most important practices you can cultivate as a foundation for more advanced tai chi and chi gung. Since the course is offered cyclically and occasionally, it is a chance for newcomers to develop this primary skill and for veterans to revisit the material at a deeper level. You must start with Part 1 in September.

While standing, students learn to strengthen the inner sense of biomechanical alignments, sink chi, and release places in the body where energy is stuck, including letting go of excess tension that you hold deep in the muscles.

Over the three courses from early fall through winter, we will systematically work through the body from head to toe to help you feel where each energy gate is located—e.g., crown, behind the eyes, inside ears, roof of mouth, jaw, and so forth—and dissolve anything blocked there. For a detailed description of the energy gates model, check Bruce Frantzi's book *Opening the Energy Gates of Your Body*.

The course will also include other Energy Gates exercises—cloud hands, spine stretch, and the first and second swings. Expect lots of hands-on corrections and adjustments, with new practice themes introduced gradually. If you have questions whether the course is appropriate for your learning level, please contact instructor Dan Kleiman.

Class/workshop links

New membership model



This fall we are exploring a new, more synergistic way to prepare students to get the most out of workshops. Gods chi gung, on November 20–21, is a case in point.

Dan Kleiman and Energy Arts Senior Instructor Eric Peters will work in tandem to coordinate the workshop focus with material taught in regular classes.

For instance, if Gods/Special

Subjects early fall classes focus on spinal bowing, then Eric will devote the workshop Saturday to review, integrate, and take that material a step further. Sunday's workshop might extend ways of bringing more spring and structure to your form into working with ligaments—which would become the focus, then, of Dan's late fall classes.

Suggestions of focuses are welcome.

Students tell us how important BTC is to them and their practice. The new charter member program was designed with that in mind.

You can register for all of this year's courses at last year's prices for an annual cost of \$200 (paid all at once, or a \$20/month option). Your fee will cover classes from early fall 2010 through summer 2011. And additional savings from our standard discounts (*see Registration page*) will still apply.

Among the array of other benefits:

- 10 percent discount on one course when you refer a new student
- greater access to instructors for individual interviews on practice issues
- discounts on book and DVD purchases, and more.

The program will not change any non-member's level of access to events, which can still be attended on an 'a la carte' payment basis.

For easy access to all course descriptions and schedules, see BTC's online course catalog at www.BrooklineTaiChi.org.

Early Fall SCHEDULE • September 7–October 25, 2010

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

For Newcomers *Where to start, for those with no previous experience . . .*

Intro to Tai Chi		6–7pm Dan	10:30–11:30am Dan	8:30–9:30pm Dan		1–2pm Dan
Intro to Chi Gung	6:30–7:30pm Susan		8:30–9:30pm Marie-Hélène		10–11am Susan	
Longevity Breathing Yoga		12:30–1:30pm Katie		7:30–8:30pm Katie		
Healthy Aging		11am–noon Ruth		9:15–10:15am Kathleen		

Beyond Intro . . .

TAI CHI	Short Form Intro: Parts 1 & 2		6–7pm Dan	10:30–11:30am Dan	8:30–9:30pm Dan		1–2pm Dan
	Level II: Refinements & Practice		7–8pm Dan	11:30am–12:30pm Dan	7:30–8:30pm Dan		11am–noon Dan
	Level III: Details	8–9pm Alan		6:30–7:30pm Alan	10:30–11:30am Alan		11am–noon Alan
	Long Form Level I	6:30–8pm Alan		7:30–9pm Alan	11:30am–1pm Alan		noon–2pm Alan
	Level II		7:30–9pm Alan	11:30am–1pm Alan	6:30–8pm Alan		
	Level III		6:30–8pm Alan	10:30am–noon Alan	7:30–9pm Alan		
	Special Subjects			6:30–8pm Roy			10–11am Alan
	Other Tai Chi Sword			8–9pm Roy			
	Hong Kong Wu Style			6:30–8pm Sammy			9–10am Sammy
	Dragon & Tiger Intro: Part 2	8:30–9:30pm Susan		6:30–7:30pm Marie-Hélène		noon–1pm Susan	
Level II	7:30–8:30pm Susan		7:30–8:30pm Marie-Hélène		11am–noon Susan		
Heaven & Earth*	* Heaven & Earth will be taught again in early spring, 2011.						
Energy Gates Standing		8–9:30pm Dan		6–7:30pm Dan	11:30am–1pm Dan		
Gods Special Subjects	7:30–8:30pm open practice			10:30–11:30am Dan		10–11am Dan	
Ba Gua Basics		7:30–8:30pm Ken		11:30am–12:30pm Dan		noon–1pm Dan	
Palm Changes: Study Group		6–7:30pm Ken					
Longevity Breathing Yoga		12:30–1:30pm Katie		7:30–8:30pm Katie			
OTHER							

You can attend any or all of the class times listed above for your course. Many people choose to attend more than once for extra review and practice. Because of Labor Day, new material will be introduced on Tuesday of each week instead of the normal Monday-Saturday week. Monday, October 25 is the last night of the session.

FEES – Early Fall classes • September 7–October 25, 2010

For Newcomers:

Intro to Tai Chi	\$180	\$150
Intro to Chi Gung	\$180	\$150
Longevity Breathing Yoga	\$180	\$150
Healthy Aging	\$ 75	\$ 65



Beyond Intro:

	(Regular)	(Member)
TAI CHI		
Short Form Intro: Parts 1&2	\$180	\$150
Level II: Refinements & Practice	\$210	\$180
Level III: Details	\$210	\$180
Long Form		
Level I	\$280	\$240
Level II	\$270	\$230
Level III	\$270	\$230
Special Subjects	\$210	\$180
Other		
Tai Chi Sword	\$210	\$180
Hong Kong Wu Style	\$270	\$230
CHI GUNG		
Dragon & Tiger Intro: Parts 1&2	\$180	\$150
Level II	\$210	\$180
Heaven & Earth	\$210	\$180
Energy Gates Standing	\$210	\$180
Gods: Chi Gung Special Subjects	\$210	\$180
OTHER		
Ba Gua Basics	\$180	\$150
Palm Changes: Study Group	\$ 0	\$ 0
Longevity Breathing Yoga	\$180	\$150



NEW MEMBERSHIP MODEL: Become a Brookline Tai Chi 'member' and pay last year's tuition rates. And your \$200 annual membership fee entitles you to many additional benefits. See the article in this issue for more details.

Workshops (Regular) (Member)

Moving Meditation September 25–26	\$210	\$180
Gods Chi Gung	\$210	\$180

• Discounts •

We offer 20 percent discounts on all courses for full-time students, seniors, veterans, and those on disability, and 10 percent for families with two or more members enrolled.

MULTIPLE COURSES

Taking more than one course at a time? Deduct 15 percent off each. Repeating a course? Take off 20 percent.

PLUS COURSES

Add \$30 to repeat Long Form I while you are taking Level II or III, or II while taking Level III.

• Course Options •

REVIEW CLASS

You may review any class in a course that you have taken before, to relearn material being taught that day—a great way to get teacher input. This option does not apply to courses labeled 'Practice.' It does apply to both intro and upper level courses.

Cost: \$20/hour of class.

SINGLE CLASS

Any Level II or above course can be revisited one class at a time, once you have learned all the movements in Level I.

Cost: \$25/hour of class.

FREQUEN-CHI CARD

You may apply this card to any review or single class, any subject. We treat it as a course, so regular multi-course discounts also apply. No expiration date.

Cost: \$260/15-unit card, or under \$17 per unit. (Per hour: review uses 1 unit; single-class uses 1.5 units.)

Our regular BTC discounts apply to weekend workshops.

REGISTRATION

Please file a separate form for each person.

NAME (please print) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE Home _____ Work _____ Cell _____

EMAIL _____

If you are new to BTC, please tell us how you found out about us:

Personally referred (by whom?) Walked or drove by Flier (where?)

Magazine (which?) BrooklineTaiChi.org.

DISCOUNTS (choose all that apply)

10% off each course Family (2 or more members enrolled, including spouses/partners/dependents)

15% off each course Multiple courses (2 or more)

20% off each course Seniors (65+) Students (full-time only) Veterans Social Security Disability

Review courses, if you repeat a course (not applicable to anything titled "Refinement," "Practice," or "Review")

COURSE or EVENT*	MEMBER PRICE	REGULAR PRICE	DISCOUNT: "Review"	DISCOUNT: Other	TOTAL DISCOUNT	TOTAL PRICE

As a nonprofit, we do our best to keep our courses affordable. You can contribute to this effort by donating \$25 when you register or by waiving your course discounts.

* See course titles and prices on Fees page and also at www.BrooklineTaiChi.org.

WAIVE Course Discounts

Annual Membership: \$200

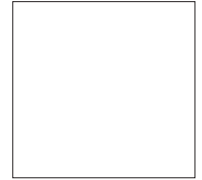
TOTAL Registration Fee _____

Please help us save time and money by registering online.

At BrooklineTaiChi.org, we now accept payment by credit card. But if you register online you can still bring cash or check payments to class. Payments are usually nonrefundable. You are welcome to try a sample class in any course (that you have never taken) during the first week of classes and then decide whether to pay and continue. Please pay by the second class that you attend. Many thanks!



Brookline Tai Chi
1615 Beacon Street, Brookline, MA 02446
www.brooklinetaichi.org



Brookline Tai Chi

WHAT'S NEW



- **SEPT. 22 TAI CHI DEMO**
BTC will be featured in a group form at the State House as part of the annual Falls Prevention Awareness Day. Plan to come. See p.1.
- **MOVING MEDITATION SEPT. 25–26**
With Craig Barnes, review material from Bruce Frantzis' June workshop or come learn if you didn't attend then. See p.1.
- **NEW BTC MEMBERSHIP MODEL**
See article on reverse of page one and new fee structure on 'Fees' page.
- **TRY A FREE CLASS!**
Drop in on any class Sept. 7–13. Find out what tai chi and chi gung feel like and what they can do for you. See schedule inside and course catalog online.