

# Early Spring SCHEDULE • March 1–April 17, 2010

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Short Form</b> 1st Third	6:30–7:30pm Dan		11am–noon Alan	6:30–7:30pm Bill		10–11am Bill
<b>Aging Bodies</b>		11am–noon Ruth		9:15–10:15am Kathleen		
<b>Tai Chi for Teens</b>						5–6pm Eli
<b>Dragon &amp; Tiger</b> Intro: Part I		8:30–9:30pm Susan		6:30–7:30pm Marie-Hélène	noon–1pm Susan	
<b>Longevity Breathing</b> Yoga	6:30–7:30pm Katie		12:15pm Katie		1:15–2:15pm Katie	
<b>Short Form</b> 2nd Third	8:30–9:30pm Bill		10–11am Alan	6:30–7:30pm Dan		noon–1pm Bill
3rd Third	7:30–8:30pm Dan			8:30–9:30pm Bill		11am–noon Bill
Level II: Rhythm	7:30–8:30pm Bill		noon–1pm Alan	7:30–8:30pm Bill		11am–noon Dan
Level III: Principles	8:30–9:30pm Marie-Hélène		7:30–8:30pm Dan			
Level III: Details		6:30–7:30pm Alan				11am–noon Alan
<b>Long Form</b> Level I		7:30–9pm Alan				noon–2pm Alan
Level II	8–9:30pm Alan			7–8:30pm Alan		
Level III	7–8:30pm Alan			10:30am–noon 8–9:30pm, Alan		
Special Subjects			6:30–8pm Roy			10–11am Alan
<b>Other</b> Tai Chi Sword			8–9pm Roy			
Push Hands			9–9:30pm Roy			
Hong Kong Wu Style			6–7:30pm Sammy			Sun.9:30–11am Sammy
<b>Gods</b> Level II	7:30–8:30pm Student-led		6:30–7:30pm Deborah	10:30–11:30am Dan		11am–noon Deborah
Level III	7:30–8:30pm Student-led		7:30–8:30pm Deborah	12:30–1:30pm Dan		noon–1pm Deborah
Level IV	7:30–8:30pm Student-led		8:30–9:30pm Dan	11:30am–12:30pm Dan		10–11am Dan
<b>Dragon &amp; Tiger</b> Intro: Part 2		6:30–7:30pm Susan		8:30–9:30pm Marie-Hélène	10–11am Susan	
Level II		7:30–8:30pm Susan		7:30–8:30pm Marie-Hélène	11am–noon Susan	
<b>Energy Gates</b> Level IV			6:30–8pm Alan			
<b>Ba Gua</b> Basics		7:30–8:30pm Ken		7:30–8:30pm Dan		noon–1pm Dan
Palm Changes: Study Group		6–7:30pm Ken				
<b>Longevity Breathing</b> Yoga	6:30–7:30pm Katie		12:15pm Katie		1:15–2:15pm Katie	

TAI CHI

CHI GUNG

OTHER

# Upcoming **EVENTS** • Spring 2010

## Workshops

**FEBRUARY 20-24**

### **Central Channel Exercises**

*Robert Tangora*

*Visiting Senior Instructor*



Robert returns with more exercises from his teacher, Master Wang Hao Da. Students who have attended his Cloud Hands workshops will be somewhat familiar with this material but now Robert will teach the full set.

Central channel, or zhong ding, exercises are similar to Gods chi gung—in dissolving through the central channel, for instance—but have more focus on drumming the chi. The last

exercise in the set integrates left/right channels with the central channel and even moves channels in different rhythms.

Evening session expand the zhong ding material and incorporate it into tai chi as a stepping method.

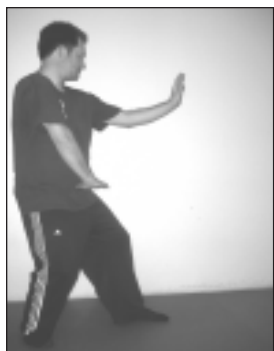
*Sat. 2–6pm, Sun. 10am–1pm and 3–5pm, Mon.–Wed. 6:30–9:30pm.*

*Whole event, \$340, weekend only, \$180.*

**APRIL 8**

### **Hsing-I's San Ti Posture-Holding Practice**

*Jess O'Brien, Guest Instructor*



Hsing-i San Ti is the standing method used by hsing-i practitioners to develop many of the most important attributes of the internal martial arts. In this class we will introduce the basic concepts and training of San Ti so that the student is able to take home a complete practice to work on.

We will cover basic exercises, key alignments, opening of important joints, sinking the chi, and gazing to

develop intent. We will also work with two-person exercises that help train the mind of hsing-i: alert, awake, calm, and ever present to its surroundings. This practice is a perfect complement to the tai chi and ba gua forms within the Energy Arts system. All are welcome for a fun night of training!

*Thurs. 6:30–8:30pm. \$25.*

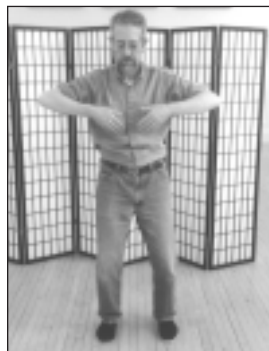
**NOTE: For information about online registration and multi-course discounts, check [www.brooklinetaichi.org](http://www.brooklinetaichi.org)**

**APRIL 17-21**

### **Chi Gung Immersion Week**

*Craig Barnes, Eric Peter*

*Senior Energy Arts Instructors*



Marriage of Heaven & Earth chi gung (one continuous movement), as well as the Circling Hands exercise, will be taught to two levels: newcomers and those with prior experience.

You will learn how to open and close the joints without using muscular tension. This pulsing is a core energetic practice that generates chi, improves circulation of fluids in your joints, smoothes blockages, and deeply

relaxes tension. H&E is particularly helpful for back and spine problems, and for mitigating repetitive stress injury and carpal tunnel.

Possible advanced topics: lengthening and wrapping soft tissue, longevity breathing, more sophisticated cavity pulsing.

Weekday afternoon options include pulsing with feedback from instructors, private instruction, and EA instructor recertification.

*Sat. 2–6 pm, Sun. 10am–1 pm and 3–5pm, Mon.–Wed. 6:30–9:30pm,*

*Optional Mon.–Wed. private instruction 1–4pm.*

*Whole event, \$340, weekend only, \$180, optional weekday sessions, free.*

## Bruce Frantzis Workshop

**JUNE 19–23**

### **Tai Chi & Ba Gua as Taoist Moving Meditation**

*Bruce Frantzis, Taoist Lineage Master*

Using tai chi and ba gua as Taoist meditation can go beyond improving physical health and martial skills. It can open your consciousness and resolve inner mental, emotional, psychic, and spiritual blockages. Bruce will show how you can gain a profound physical sense of chi becoming embodied in your movement so that you can experience and work with chi in a very subtle, complex manner. You will gain new awareness of your internal energy that you would not have had access to in sitting practice alone.

Potential topics: Using the eyes and ears as gateways to meditation; releasing and resolving your internal images, ghosts, and demons by using inner dissolving, your breath, and circular movement; and moving beyond the pressures of time.

*Sat. 12–3 pm and 5–7pm, Sun. 10am–1 pm and 3–5pm,*

*Mon.–Wed. 10am–1pm and 3–5pm.*

*Entire workshop, \$745 if paid by May 3, \$795 thereafter.*