

Participate in the fourth annual **Brookline Tai Chi**

Tai Chi-A-Thon

Sunday, June 13, 10am-2pm

Practice Sessions

- 10am **Welcome/opening**
- 10:15 **Session 1**
5-minute tai chi
- 11:00 **Session 2**
Better breathing/instant let-go
- 11:45 **Session 3**
Feeling chi
- 12:30 **Session 4**
Mindful movement
- 1:30 **Raffle drawing**
Prize: one free course, your choice. All tai-chi-a-thon participants automatically registered.
- 1:45 **Gathering in/closing**

How It Works

Supportive friends, family, and co-workers pledge money per hour of your practice time [see reverse side]. Same principle as a walk-a-thon, different cause.

But our annual fundraising event is also an open house and community builder. It introduces tai chi to those who may be curious to find out what it feels like; all sessions are open to anyone, and free. And it introduces BTC students to each other, with veterans and newcomers practicing side by side. Please come!

Why Come

This year we're exploring new ways to find common ground. • For newcomers, our instructor-led sessions will provide lots of feedback on practice principles; you don't have to know particular forms in order to participate. • For long-time practitioners, we're offering fresh perspectives on ideas you know well, and a chance to tell others what you love about what we do here.

Practice exercises will be simple to follow, potentially profound in impact, and accessible to all.

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



fourth annual **Brookline Tai Chi**

Tai Chi-A-Thon

Support BTC

Pledges support the teaching of Chinese energy arts—tai chi, chi gung, ba gua, and longevity breathing—to a student body of about 300, as well as outreach into the Boston area community with programs such as Tai Chi for Healthy Aging. Founded in 1992 and run as a nonprofit since 2005, BTC is one of the largest health-oriented tai chi schools in the country.

How to Pledge

Please keep this pledge sheet for your records as you collect your pledges and bring it to the tai-chi-a-thon to track your time.

- Make checks payable to Brookline Tai Chi and bring cash/checks to the event, or mail checks to Brookline Tai Chi, 1615 Beacon Street, Brookline, MA 02446.
- Make credit card contributions online at www.BrooklineTaiChi.org (using the secure 'Donate' box).

All donations are tax-deductible.

617.277.2975 • www.BrooklineTaiChi.org

Participant _____

Sponsor	Contact info (email, phone, address)	Pledge per 1/4 hour of practice	Cash/check pledges to turn in	Balance to collect	Online credit card donations
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

TOTALS _____