

Late Spring Schedule: Monday, April 24 – Sunday, June 11 (7 Weeks)

Register Online at www.brooklinetaichi.org

	Regular Member	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
For New Students:								
Tai Chi 101	\$180 \$150				6:40-7:40pm Chuck		11am-12pm Chuck	
Dragon and Tiger Qigong I	\$180 \$150	5:30-6:30pm Steven				11:30am-12:30pm Susanne		
A Taste of Tai Chi	\$99(7) or \$49(3) Frequenchi card	12-1pm ATOTC Staff					10-11am ATOTC Staff	
Tai Chi for Healthy Aging I	\$95		11:35am – 12:35pm Ruth		11:35am-12:35pm Ruth			
Tai Chi for Parkinson's	\$95		2-3:00pm Ruth					
Energy Gates Qigong	\$150 \$120	7:30-8:30pm Steven						
For Returning Students:								
Wu Style Tai Chi Short Form I – Part 1	\$180 \$150		11:30am-12:30pm Alan	6-7pm Alan				
Wu Style Tai Chi Short Form I – Part 3	\$180 \$150		12:30-1:30pm Alan		6:30-7:30pm Alan			
Tai Chi 201: Intermediate Non-Form Curriculum	\$210 \$180	6:40-7:40pm Don		6:40-7:40pm Don				
Cheng Man Ching I**	\$180 \$150		5:30-6:30pm Allen		5:30-6:30pm Allen			
Cheng Man Ching/Yang Style Tai Chi II	\$210 \$180	5:30-6:30pm Don		5:30-6:30pm Don				
Yi Quan	\$210 \$180	7:50-8:50pm Don		7:50-8:50pm Don				
Tai Chi for Healthy Aging II	\$95		10:15-11:15am Ruth		10:15-11:15am Ruth			
Drop In Push Hands	\$5/day Drop In Class						12-1pm Chuck	
Dragon and Tiger Qigong II	\$180 \$150	6:30-7:30pm Steven				12:40-1:40pm Susanne		
Energy Gates Qigong and Beyond	\$150 \$120		6-7pm Steven					
For Advanced Students:								
Wu Style Tai Chi Short Form II	\$210 \$180		7-8pm Steven		10:30-11:30am Alan		11am-12pm Alan	
Wu Style Tai Chi Long Form Level 1	\$270 \$230		8-9:30pm Alan	12-1:30pm Alan			12:20-2pm Alan	
Wu Style Tai Chi Long Form Special Subjects	\$210 \$180			7-8pm Alan			10-11am Alan	
Wu Style Tai Chi Long Form Level 2	\$270 \$230				11:30am-1pm Alan			
Wu Style Tai Chi Long Form Level 3	\$270 \$230		6:30-8pm Alan	10:30am-12pm Alan	7:30-9:00pm Alan			
Heaven and Earth Qigong	\$180 \$150		8-9pm Steven					

NOTES: *14 week classes run concurrent with the session schedules; **There will be no CMC I class June 5 & 7. Make up classes will be June 12 & 14

Program Overview

TAI CHI

Tai Chi is an ancient art, formed from the interweaving of the martial arts of pre-industrial China with the medical and spiritual practices developed by Daoist sages, shamans, and healers over thousands of years. Always rooted in the polarities of Yin and Yang, it is an art both meditative and physical; relaxing and empowering; structured and formless. In recent times, scientific studies have demonstrated that regular practice of Tai Chi reduces stress and anxiety, improves balance and coordination, strengthens the immune system, reduces pain, and increases overall health and well-being.

At Brookline Tai Chi, beginners may start with A Taste of Tai Chi, and then sign up for Tai Chi 101, The Tai Chi Workout, or Tai Chi for Healthy Aging. Once having "entered the gate" with one of these courses, students can progress to an extensive offering of classes in the Wu Style Tai Chi Short and Long Forms, as well as Cheng Man Ching (Yang) Style Tai Chi, and Pushing Hands--the basic two-person interactive practice of the art.

Special Workshops are offered throughout the year in advanced topics such as The Tai Chi Jings, Tai Chi Fast Forms, Tai Chi Sword and Staff, Tai Chi Boot Camp, Immersion Week, and Form Variations.

QIGONG

Qigong (chi kung) means "energy work", and refers to a wide array of body-mind practices developed in China over thousands of years, to improve health, vitality, and longevity. Qigong routines may be easier to learn initially than Tai Chi forms, as they have fewer external movements and the movements are repetitive. Despite their apparent simplicity, qigong practices can be powerful tools to build health and vitality, inner strength, and peace of

mind. Qigong also is a perfect "cross-training" practice with all types of Tai Chi, as the underlying physical and energetic principles are the same.

At Brookline Tai Chi, qigong study begins with **Dragon & Tiger Qigong:** a set of 7 movements (and associated breathing patterns) that strengthens the immune system, improves energy flow through the acupuncture meridians of the body, and promotes relaxation and well-being. While the basic routine can be easily learned, Dragon and Tiger has deeper levels and more profound benefits that are revealed through continued study and practice over time.

More advanced qigong courses include The Marriage of Heaven and Earth, Gods Playing In The Clouds, Spinal Qigong, and Taoist Longevity Breathing. Workshops are offered throughout the year by senior instructors and special guests, that amplify and deepen the practice of these and other qigong sets.

SPECIAL SUBJECTS

Brookline Tai Chi also offers classes and workshops in other related energy-arts subjects, as well as Tai Chi courses designed for the needs of specific populations. In the upcoming year these may include:

- Tai Chi for Healthy Aging
- Tai Chi for Better Balance
- Tai Chi for Teens
- Tai Chi Self Defense
- Yi Quan
- Ba Gua
- Sitting and Standing Meditation
- Tai Chi-Yoga Fusion