



NORTH SHORE TAI CHI SPIRIT



Spring - Summer Schedule

Wednesdays @ Highlands United Church - April 7th - July 21st, 2010

* 5:15p.m.-6:15p.m. (15 - 1.0 hr. classes)

Class: Tai Chi & Qigong Basic Exercises

Full Registration: \$90.00 (\$6.00 per class)

*6:15p.m.-6:45p.m.

Form Review: 13 postures

Additional Registration: \$30.00 (\$2.00 per class)

Saturdays @ Highlands United Church - April 10th - July 24th, 2010

* 8:45a.m.-10:00a.m. (13 - 1.25 hr. classes)

Form: 48 form - Part 2

Pre-requisite: Part 1 - 48 form or 24 form
& permission from Instructor

Full Registration:\$84.50 (\$6.50 per class)

* 10:00a.m.-11:00a.m. (13 - 1.0 hr. classes)

Form: 24 form, part 2

Full Registration:\$78.00 (\$6.00 per class)

* 11:00a.m.-12:00p.m. (13 - 1.0 hr. classes)

Form: 13 postures & Tai Chi Basics

Full Registration:\$78.00 (\$6.00 per class)

* Drop-ins available. ** Classes subject to change



Tai Chi & Qigong Exercises for Strength, Flexibility, and Enhanced Health

During this unique class you will learn specific exercises, postures, and stances that will help you stretch, strengthen, and focus better in your day-to-day activities. If you need to de-stress, and you want to learn the basics of tai chi and qigong, with no memorization required, this is the class for you. This 1 hour class will prepare you to start any 13 postures, 24 form, 5 section or 48 form tai chi class.

There will be a 13 postures form review from 6:15pm-6:45pm that is an optional addition for all students.



48 form Tai Chi – Part 2

48 Form Tai Chi is a standardized sequence that was created in 1976. It expands on the Simplified Yang Style Routine, blending in postures from Yang, Chen, Sun, and Wu style Tai Chi.

During Part 2 of the form, we will review Part 1. This is a 1.25 hour class. If you are new to 48, please call the Instructor for permission to join this class.



24 form Tai Chi

This is a yang style form comprised of 24 postures. During this Spring-Summer session you'll learn the second half of the form. For those individuals who already know the form, this is a great opportunity to practice the first half of the form and review the second half in detail. The basics of proper structural alignment, correct methods of moving the body, shifting the weight, and stepping will be reviewed.

By learning 24 form you will learn better balance and how to relax your body. Practicing this form will help strengthen your legs, arms, and your entire body will become more flexible.

If you have not completed part 1 of 24 form, but would like to join this class, please contact the Instructor at 604-986-9276.



13 Postures

This is a tai chi form that blends together many postures from 24 form and others. Created by Grand Master Shou-yu Liang, it is easy to learn and a pleasure to practice.

This form will be taught as a beginners course at 11am on Saturdays. Those that completed the form on Wednesday nights will be able to practice it with the Instructor immediately following the Exercise Basics Class.

It is an excellent form for beginners and easy to remember, especially if you have experience in either 5 section, 24 form, or 48 form. Read an extensive article on the form here:
www.meetup.com/northshoretaiichi/files/

All classes are held in the gymnasium at:

Highlands United Church

in Edgemont Village
3255 Edgemont Boulevard
North Vancouver

To register for any class please email:

taichispirit@shaw.ca

and request a registration form!

For More Information call

604-986-9276

or

EMAIL: taichispirit@shaw.ca

WEBSITE & CLASS SCHEDULES:

www.meetup.com/northshoretaichi/

