



NORTH SHORE Tai Chi Spirit - WINTER 2010
Highlands United Church - 3255 Edgemont Blvd., North Vancouver
WEDNESDAYS, January 6th - March 24th, 2010 (12 sessions)
SATURDAYS, January 9th - March 27th, 2010 (12 sessions)

WEDNESDAY Nights starting January 6th, 2010

13 Postures Form 5:15pm - 6:30pm; 6:30pm - 6:45pm Extra practice time

This is a form that helps you to learn the key eight hand and five leg positions in any Taijiquan form. It is easy to learn and a pleasure to practice. It is an excellent form for beginners and easy to remember. If you have experience in either 5 section or 24 form, you will enjoy the new choreography. This form has been passed down through Grand Master Shou-Yu Liang. This is a 75 minute class, with an extra, optional and free 15 minutes for personal practice and questions.

SATURDAY Mornings starting January 9th, 2009

48 Form & 24 Form Review - 8:45am - 10:00am

48 Form Taiji 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 Taijiquan. We will also practice 24 form. Permission from the Instructor is required. Please call 604-986-9276 if you are not already enrolled. *Prerequisite - experience with 24 Form Taiji.*

24 form - An Introduction 10:00am - 11:00am

24 form taijiquan will be introduced. You will learn taiji postures, stances, taiji walking and tips on remembering the entire form. If you have already taken 24 form, this class will be a great review.

5 Section 11:00am - 12:00pm

This is a short taiji form that was derived from yang form. It was created by Master Sam Masich. If you know 24 form already it will teach you a new choreography that will help you in practicing your postures. Learning this form will give you the basics of proper structural alignment, shifting of weight and stepping. This is the best class for a beginner in Tai Chi. Once you learn this short form, it will be exactly what you need in order to progress in any Yang Style form. It is perfect for those who struggle with memorizing a longer form but want to experience the gentle dance of Tai Chi. It is an excellent for anyone who wants to gently exercise their mind as well as their body.

What is Taijiquan? Taijiquan is a Chinese internal martial art that is practiced world-wide for its health benefits. It can help strengthen your mind and body from the inside out with its slow, easy to learn movements. In each class you will learn the basics of proper structural alignment, correct methods of moving the body, shifting the weight, and stepping. You will learn better balance and how to relax your body. Practicing these forms will help strengthen your legs, arms, and your entire body will become more flexible. It will also help you to:

- Improve balance and coordination.
- Tai Chi is clinically proven to help those with Diabetes, Cardiovascular disease, Parkinson's and other medical conditions. Lowers blood pressure. Relieves chronic pain.
- Improve sleep quality
- Slow bone loss in women after menopause.
- Tai Chi improves cardiovascular fitness.
- Improves everyday physical functioning.
- Reduce anxiety, depression and help you through the grieving process.

PLEASE NOTE:

* All Classes: \$72.00 (12-1 hour sessions) or \$8.00 drop in fee

* For more information contact: Phoenix at North Shore Tai Chi Spirit at 604-986-9276

* Check out <http://www.meetup.com/northshoretaiichi/> for more information.