

*T'ai Chi Chih*<sup>®</sup>  
WORKSHOP

**Sharing in the Essence of T'ai Chi Chih**

*Led by Sr. Antonia Cooper*

*The Guide of T'ai Chi Chih*

*A One-Day Event*

*For*

*New and Continuing Students*

*Teachers and Teacher Candidates*

***Valentines Day,  
Saturday, February 14<sup>th</sup>, 2009***

*First Unitarian Church (ample parking available)*

*1011 SW 12<sup>th</sup> Avenue, Portland, OR 97205*

*8:30 am – 4:30 pm*

*Cost: \$65*

*(Partial scholarships available)*

*Here's what you will get out of this day:*

- NEW STUDENTS:** *Receive basic instruction in the form and learn the importance of shifting weight (yinning and yanging) from Justin Stone's perspective*
- CONTINUING STUDENTS:** *Build confidence in using the principles of TCC as you explore ways to refine your movements and move with softness and continuity*
- TEACHER CANDIDATES:** *Refine your skills as you receive feedback and identify key areas to work on in preparation for Intensives and Teacher Preparation Courses*
- TEACHERS:** *Enhance your ability to help students identify and apply the principles of T'ai Chi Chih more effectively to their moves; learn tips to motivate your students in their daily practice*



*CO-HOSTS: JIM SHORR AND ROBERTA TAGGART*

*FOR MORE INFORMATION: EMAIL: [TAGGART1@EARTHLINK.NET](mailto:TAGGART1@EARTHLINK.NET), TEL. 541-654-0566*

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