

April 2012 T'AI CHI CHIH WORKSHOPS

For Teachers and *Students

Presented by Sandy McAlister, Teacher Trainer

These workshops offer an opportunity to spend two days with Teacher Trainer Sandy McAlister.

Each workshop has its own focus and is independent of the other.

Attend both workshops or attend one of the workshops.

*April 20 – Guiding Principles of T'ai Chi Chih

What are they?

How do they apply in each movement?

What are the key points in each movement?

*April 21 – Five Ways to Explore the Form

Expansion and Contraction

Movement in Waist and Wrists

T'ai Chi Chih as a Mantra

Contrasts: too big/too small; movement/stillness

Size and Shape

**Students required to have completed a basic T'ai Chi Chih Course.*

COST: Both workshops **\$90.00.** (**\$75.00** if paid before March 15, 2012)

One day workshops **\$50.00.** (**\$45.00** if paid before March 15, 2012)

TIME: 9:00 – 9:25am sign in. Workshop starts promptly at 9:30am to 4:30pm.

WHERE: State Bank of the Lakes Community Room, 50 Commerce Drive, Grayslake, IL 60030.

BRING: Water, Lunch, Note taking material, Questions for Sandy.

To register or any questions: Call or email Donna at 847-223-6065, dmcelhosechi@aol.com. Mail checks and bottom section of this flyer to: **Donna McElhose, 18160 W. Twin Lakes Blvd., Wildwood, Illinois, 60030.**

Please make a copy for your records. For lodging please call or email Donna.

April 20 Workshop

April 21 Workshop

Both April 20 and 21 Workshops

Name: _____

Phone # _____

Check Number: _____ Amount: _____

Email: _____