



Registration

Call: 440.471.1041

Online: <http://www.mayfieldvillage.com/recreation/special-interests>



TAI CHI for BEGINNERS

(18 yrs+) This Tai Chi Class is great for beginners and experienced practitioners alike. Learn why this multi-faceted art form is not only good for self-defense but is also good for relaxation, balance, core and lower body strength. In this class you will learn the movements of the Yang Style 108 Tai Chi form as well as Energy building exercises known as Qigong (Chee-Gong).

Registration Deadline: the Friday before. \$70 per session. \$15.00 drop in.

W 6:00-7:00 P 10/2-11/6 Fall 1

W 6:00-7:00 P 11/13-12/18 Fall 2

W 6:00-7:00 P 1/8-2/12 Winter 1

Private
Lessons
AVAILABLE

Why Try Tai Chi?

- To let Tai Chi guide you towards a happier, healthier, and more joyful life.
- To have fun discovering an ancient art form that will develop inner strength, balance, and mental focus.
- To build energy and relieve stress through series of breathing and meditative movements
- To tap into the many health benefits associated with Tai Chi
- To learn the meaning behind the movements of the Forms

"Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid."

- Cheng Man Ching



email
cbumett@greendragontaichi.com

website
www.greendragontaichi.com

TAI CHI FOR HEALTH

(18 yrs+) This Tai Chi Class is great for beginners and experienced practitioners alike. Learn why this multi-faceted art form is not only good for self-defense but is also good for relaxation, balance, core and lower body strength. In this class you will learn the movements of the Yang Style 108 Tai Chi form as well as Energy building exercises known as Qigong (Chee-Gong). Registration Deadline: the Friday before. \$70 per session. \$15.00 drop in.

W 6:00-7:00 P 10/2-11/6 Fall 1

W 6:00-7:00 P 11/13-12/18 Fall 2

W 6:00-7:00 P 1/8-2/12 Winter 1

W 6:00-7:00 P 2/26-4/1 Winter 2

Civic Center

Tai Chi For Beginners

First Name _____ Last Name _____

Address _____
(street) (city) (zip)

Home Ph _____ Cell Ph _____ Work Ph _____

D.O.B _____ Male or Female _____ Grade (fall '19) _____ Parent Email _____

Total Due for Session \$ _____

Total Due \$ _____

MC/Visa/Discover: _____ Ex.Date _____ Code _____

I hereby release and hold harmless Mayfield Village including but not limited to Mayfield Village Parks and Recreation and all employees, agents and representatives from any and all claims, costs, damages, and liabilities for any injuries sustained by me and any additional individuals I sign up to participate in any program offered by Mayfield Village Parks and Recreation. I understand that any fees charged for a program do not include accident or personal property insurance. I further represent that I and additional individuals signed above are physically capable of participating in the program in which I or the above signed individuals are enrolled, based upon consultation with my personal physician. Further, in the event of any injury, I hereby GIVE MY PERMISSION and consent and authorize emergency first aid/or hospital care or treatment for myself or above listed individuals if deemed necessary by qualified medical or emergency personnel, or by said employees, agents, or representatives of Mayfield Village including but not limited to the Recreation Department and further agree to assume all expenses for said treatment. Lastly, I permit Mayfield Village to use photographic images myself, son and/or daughter in marketing and promotional material in Mayfield Village's Parks and Recreation Spring/Summer Parks and Recreation Brochure, the Village's newsletter or on the Mayfield Village on-line website and social media sites. If you would like to request that you and/or your child's photographic image not be used, you will need to contact the Recreation Department and submit your request in writing.

Waiver Signature: _____ Date: _____