

T'ai Chi Ch'uan for Health, Peace, and Happiness

The Harvard Medical School Guide to T'ai Chi says, "Cutting edge research now lends support to long-standing claims that T'ai Chi favorably impacts the health of the heart, bones, nerves and muscles, immune system, and the mind." T'ai Chi Ch'uan can be a profound system of health and self-defense while instilling a feeling of relaxation and tranquility. Tai Chi can benefit everyone, from those who have been sedentary to those who are athletes.

Qigong

Kathy Sheridan • 6 sessions
Qigong, Chinese health exercises, cultivates whole body health and well-being—health of the body, mind, and spirit. Students will begin to learn exercises that promote relaxation and relieve stress, develop an understanding of Chi, and train the mind to assist the body to relax. Soft-soled shoes and comfortable clothing suggested.
Location: NT Northfield

192-430 DAY: Mon.
TIME: 7:00-8:00P
DATES: 6/10-7/15
FEE: \$72 /Seniors \$65

T'ai Chi Form—1st and 2nd Section

Pam Hultgren and Ann Cusack • 6 sessions
In this class we will warm-up together, using Qigong and T'ai Chi exercises and then split into groups to begin learning the T'ai Chi forms and, for those who have already started learning the T'ai Chi Form, to review and refine the various forms.
Prerequisite: This class is open to students who have completed one semester of the Qigong and Foundations of T'ai Chi class, Form 1 students, Form 2 students, and Advanced students.
Location: NT Northfield

192-431 DAY: Mon.
TIME: 7:00-8:00P
DATES: 6/10-7/15
FEE: \$72 /Seniors \$65

192-432 DAY: Sat.
TIME: 8:20-9:20A
DATES: 6/15-7/20
FEE: \$72 /Seniors \$65

Gentle T'ai Chi

Pam Hultgren • 6 sessions
Students in the Gentle T'ai Chi focus on the principles of T'ai Chi through the various T'ai Chi and Qigong exercises as they learn and practice the first section of the T'ai Chi Ch'uan form. A specific focus in this class is on health, balance, and flexibility. This class is ideal for students who wish to learn at a slower pace, seniors, or those who might have some physical challenges with balance or memory. Prerequisite: One semester of the Qigong and Foundations of T'ai Chi class.

Location: NT Northfield

192-435 DAY: Sat.
TIME: 9:30-10:15A
DATES: 6/15-7/20
FEE: \$45/Seniors \$41

Sword

Pam Hultgren • 5 sessions
The T'ai Chi Sword practice is an important extension of the principles learned in the T'ai Chi Form. This class includes practicing the basic sword exercises and learning a portion of the Sword Form. Besides being a lot of fun, sword practice teaches us a lot about our T'ai Chi form practices. This class is open to Form 2 and Advanced students.
Location: NT Northfield

192-433 DAY: Wed.
TIME: 7:00-7:45P
DATES: 6/12-7/17
FEE: \$45/Seniors \$41

*No class 7/3

Two-Person Practice

Pam Hultgren • 5 sessions
In the Two-Person Practice class we will explore the more advanced forms of Push Hands and Ta Lu. Both of these forms help students "listen"—listen to their own bodies and listen to their opponents. This class is open to Form 2 and Advanced students.
Location: NT Northfield

192-434 DAY: Wed.
TIME: 8:00-8:45P
DATES: 6/12-7/17
FEE: \$45/Seniors \$41

*No class 7/3

**New Trier Extension
Program Registration Form
www.ntx203.net**

SAVE TIME AND REGISTER ONLINE!

NEW TRIER EXTENSION • 7 Happ Road • Northfield, IL 60093
Phone: (847) 446-6600 • Fax: (847) 446-6614

Family Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____

E-mail: _____

Course Number	Course	Registrant's First Name	Registrant's Birthdate	Fee
			TOTAL	\$

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK SIGNATURE (please read Page 49)
SIGNATURE OF ADULT PARTICIPANT OR PARENT/GUARDIAN:

_____ Date: _____
Participation will be denied if the signature of adult participant or parent/guardian and date are not on this waiver.

Emergency Contact Name: _____ Phone: _____

PAYMENT INFO

Cash

Check

Credit Card (Visa | MasterCard | Discover)

Acct #: _____

Exp. date: _____ Total: _____

Authorized signature: _____

Print Cardholder's name: _____