

Register at: <https://newtrier.revtrak.net/NTX-Registration/>

## 2021 Winter/Spring Qigong and Tai Chi Classes

All classes on Zoom

Please register early

### Qigong and Foundations of T'ai Chi Ch'uan

14 sessions

The Qigong (pronounced chee-gung) and Foundations class introduces Chinese health exercises, called Qigong, and the fundamental principles and exercises of Tai Chi Ch'uan. The class focuses on balance, breathing, stillness, basic movement, and flexibility.  
**Location: Online via Zoom**

Instructor: Kathy Sheridan

**211-430**  
**DAY:** M  
**TIME:** 7:00-8:00P  
**DATES:** 2/8-5/17  
**FEE:** \$165/Seniors \$149

*No class 3/29*

Instructor: Paula Chalk

**211-431**  
**DAY:** Sa  
**TIME:** 9:30-10:30A  
**DATES:** 2/13-5/22  
**FEE:** \$165/Seniors \$149

*No class 4/3*

### Gentle T'ai Chi Class

14 sessions

The Gentle Tai Chi 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 Tai Chi class.

**Location: Online via Zoom**

Instructor: Pam Hultgren

**211-432**  
**DAY:** Sa  
**TIME:** 9:30-10:30A  
**DATES:** 2/13-5/22  
**FEE:** \$165/Seniors \$149

*No class 4/3*

### Tai Chi Form: 1st Section

14 sessions

This class is open to returning Form 1 students and students who have completed one semester of the Qigong and Foundations of Tai Chi class.

**Location: Online via Zoom**

Instructor: Ann Cusack

**211-433**  
**DAY:** M  
**TIME:** 7:00-8:00P  
**DATES:** 2/8-5/17  
**FEE:** \$165/Seniors \$149

*No class 3/29*

Instructor: Ann Cusack

**211-434**  
**DAY:** Sa  
**TIME:** 8:20-9:20A  
**DATES:** 2/13-5/22  
**FEE:** \$165/Seniors \$149

*No class 4/3*

### Tai Chi Form: 2nd Section

14 sessions

This class is open to students who have learned and are comfortable performing the 1st Section of the Form.

**Location: Online via Zoom**

Instructor: Pam Hultgren

**211-435**  
**DAY:** M  
**TIME:** 7:00-8:00P  
**DATES:** 2/8-5/17  
**FEE:** \$165/Seniors \$149

*No class 3/29*

Instructor: Pam Hultgren

**211-436**  
**DAY:** W  
**TIME:** 6:50-7:50P  
**DATES:** 2/10-5/19  
**FEE:** \$165/Seniors \$149

*No class 3/31*

Instructor: Pam Hultgren

**211-437**  
**DAY:** Sa  
**TIME:** 8:20-9:20A  
**DATES:** 2/13-5/22  
**FEE:** \$165/Seniors \$149

*No class 4/3*

### Tai Chi Form: Advanced

14 sessions

Students in the Advanced Class have learned and are comfortable performing the full 37-Posture Form. Contact the instructor **before registering for this class the first time.**

**Location: Online via Zoom**

Instructor: Pam Hultgren

**211-438**  
**DAY:** W  
**TIME:** 8:00-9:00P  
**DATES:** 2/10-5/19  
**FEE:** \$165/Seniors \$149

*No class 3/31*