

2022 Winter/Spring Tai Chi and Qigong Classes

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

Tai Chi Chuan and Qigong for Health

Health and wellness have been an important focus for most of us this past year—the importance of being and staying healthy in body, mind, and spirit. Health and stress management is essential to our well-being. Qigong and Tai Chi can help improve your whole-body health with exercises that promote relaxation and relieve stress and all you need is a willing spirit, soft-soled shoes, and comfortable clothing.

Qigong and Foundations of Tai Chi Ch'uan

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 relaxing the body and the mind.

Location: NT Northfield

Instructor: Kathy Sheridan
221-430 • 14 sessions

DAY: M
DATES: 1/31-5/16
TIME: 7-8P
FEE: \$165/ Seniors \$149

No class 2/21, 3/28

Instructor: Paula Chalk
221-431 • 14 sessions

DAY: Sa
DATES: 2/5-5/21
TIME: 9:30-10:30A
FEE: \$165/ Seniors \$149

No class 3/26, 4/2

TAI CHI & QIGONG

Gentle Tai Chi Class

The Gentle Tai Chi Class is ideal for students who wish to learn the Tai Chi Form 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: NT Northfield

Instructor: Pam Hultgren
221-432 • 14 sessions

DAY: Sa
DATES: 2/5-5/21
TIME: 9:30-10:30A
FEE: \$165/ Seniors \$149

No class 3/26, 4/2

Tai Chi Form: 1st Section

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: NT Northfield

DAY: M
DATES: 1/31-5/16
TIME: 7-8P
FEE: \$165/ Seniors \$149

DAY: M
DATES: 1/31-5/16
TIME: 7-8P
FEE: \$165/ Seniors \$149

No class 2/21, 3/28

Instructor: Ann Cusack
221-434 • 14 sessions

DAY: Sa
DATES: 2/5-5/21
TIME: 8:20-9:20A
FEE: \$165/ Seniors \$149

No class 3/26, 4/2

TAI CHI & QIGONG

Tai Chi Form: 2nd Section

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

Location: NT Northfield

Instructor: Pam Hultgren
221-435 • 14 sessions

DAY: M
DATES: 1/31-5/16
TIME: 7-8P
FEE: \$165/ Seniors \$149

No class 2/21, 3/28

Instructor: Pam Hultgren
221-436 • 14 sessions

DAY: Sa
DATES: 2/5-5/21
TIME: 8:20-9:20A
FEE: \$165/ Seniors \$149

No class 3/26, 4/2

Tai Chi Form: Advanced

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: NT Northfield

Instructor: Pam Hultgren
221-437 • 14 sessions

DAY: W
DATES: 2/2-5/18
TIME: 7-8P
FEE: \$165/ Seniors \$149

No class 3/23, 3/30

Tai Chi Form: Advanced+

The Advanced+ class will serve as an extension to the Advanced class for those Advanced students wishing to have some additional time for discussion and two-person practices.

Location: NT Northfield

Instructor: Pam Hultgren
221-438 • 14 sessions

DAY: W
DATES: 2/2-5/18
TIME: 8-8:30P
FEE: \$83/ Seniors \$75

No class 3/23, 3/30

