



## TAI CHI CHUAN WORKSHOP

Saturday 8<sup>th</sup> October 2022, 9.00am-12pm

MERRILANDS DOMAIN HALL, 251 MANGOREI RD, NEW PLYMOUTH

Taranaki Tai Chi Chuan Association is proud to bring you an exciting and health-promoting programme suitable for the beginner to the advanced student. Everyone is welcome to attend this half-day workshop and gain from the benefits on offer.

Judi Lee, instructor with the TTCCA for over 30 years, will be imparting her expertise to lead this workshop. Judi is passionate about Tai Chi and Qigong and their health benefits for the mind and body. She is a 4th Duan IHQF Qigong Instructor and has studied with the Chinese Professors and Orlando Garcia for over 10 years. She has also studied with Paul Lam in the Tai Chi for Arthritis course. Judi is a member of both the International Yang Family Tai Chi Chuan Association and the New Zealand National Tai Chi Chuan Association.

### PROGRAMME- SATURDAY 8<sup>TH</sup> OCTOBER 2022

- 8.30am – 9.00am Registration
- 9.00am – 10.30am Workshop Class I
- 10.30am – 10.45am Morning Tea - tea and coffee provided (BYO snacks)
- 10.45am – 12.00pm Workshop Class II



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NEW PLYMOUTH

### REGISTRATION FORM

NAME:	
ADDRESS:	
PHONE:	
EMAIL:	
I am a member of TTCCA <input type="checkbox"/>	
I am interested in becoming a TTCCA member <input type="checkbox"/>	

### COST:

**Current TTCCA Members:** \$5.00 for the workshop

**Non-Members:** \$40.00 for the workshop

### PAYMENT DETAILS:

**Bank Deposit to TTCCA TSB Bank A/C:** 15-3942-0822108-01

**Reference:** WKSP, your first initial and surname e.g. WKSP J Smith

Please tick if paid by Bank Deposit

TOTAL AMOUNT PAID: \_\_\_\_\_

**Registrations to:** [taranakitaichichuan@gmail.com](mailto:taranakitaichichuan@gmail.com) or hand in at class





## WORKSHOP TOPIC AND CONTENT

### 1. BREATHING TECHNIQUES

Covering breathing techniques and why breathing is important in Tai Chi and Qigong to improve your internal energy and health.

### 2. TAI CHI FORM STUDY

Applying the Yang Family 10 Essentials and Body Shape in the application of the forms:

- Grasping Sparrows Tail
- Brush Knee Push Step
- Wave Hands Like Clouds
- Repulse the monkey



**For more information contact: Judi Lee – Principal Instructor**

Taranaki Tai Chi Chuan Association Inc

P 027 268 2601 | E [taranakitaichichuan@gmail.com](mailto:taranakitaichichuan@gmail.com)

[www.taichiqigong.co.nz](http://www.taichiqigong.co.nz)



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