

Tai Chi



STARTS October 1, 2019

@DCC (10 LIBERTY ST., SUITE 130)

Tuesdays, 6:00 PM – 7:00 PM

\$40/MONTH

For ages 18+

- Benefits include **deeper breathing, better balance, stress management, flexibility, body awareness**
- Tai chi is often described as "meditation in motion. You can get started even if you aren't in top shape or the best of health.
- This low-impact, slow-motion exercise, goes through a series of motions named for animal actions; for example, "white crane spreads its wings" or martial arts moves, such as "box both ears."
- As you move, you breathe deeply and naturally, focusing your attention as in some kinds of meditation — on your bodily sensations.
- Tai chi movements are usually circular, never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched.
- Tai chi can be easily adapted for anyone, from the fit to people confined to wheelchairs or recovering from surgery.

Instructor: Eric Saemann has 20 years of training experience in Tai Chi, Yang Jia Michuan form

DCC TAI CHI

REGISTRATION FORM

NAME:

ADDRESS:

PHONE:

EMAIL:

BIRTHDATE:

IMPORTANT

Please Read and Sign the Following

I agree that I will abide by the rules of the Deerfield Community Center (the "DCC"), its affiliated organizations, and sponsors. Recognizing the possibility of physical injury associated with DCC programs and in consideration for the DCC accepting the registrant for its programs and activities, I hereby release, discharge, and/or otherwise indemnify the DCC, its affiliated organizations and sponsors, their employees and associated personnel, transportation services, and organizations utilized by the DCC program, against any liability, loss, cost, expense, or claim by or on behalf of the registrant as a result of the registrant's participation in the DCC programs. As the above participant, I hereby give consent for emergency medical care given under whatever conditions are necessary to preserve my life. In addition, I give consent for DCC to utilize pictures of me to promote programs that I have participated in.

X _____

Signature

X _____

Date

Please Make Checks Payable to: DCC

FOR OFFICE USE ONLY

Cash: _____ Check#: _____ Late Fee: _____ Amt. Paid: _____ Date: _____ Initials: _____