

**Breath and Balance Tai Chi**  
**Fall 2011**

Classes at: City Ballet of Iowa 700 S Dubuque St, Iowa City

**Free introductory classes**  
Sept 1 10:30 AM and 6:45 PM

**TUESDAY**

**Morning**

Level 2 T'ai Chi Fundamentals 8/30-12/15 10:30-11:45 AM

**THURSDAY**

**Morning**

Level 1 T'ai Chi Fundamentals 9/8 - 12/15 10:30-11:45 AM

**Evening**

Level 2 T'ai Chi Fundamentals 8/25-12/15 5:30-6:45 PM

Level 1 T'ai Chi Fundamentals 9/8 -12/15 6:45-8:00 PM

No classes Sept 15, Nov 24

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**LOCATION:** City Ballet of Iowa – 700 S. Dubuque St, Iowa City

**DIRECTIONS:** [700 South Dubuque, Iowa City](#)

**INSTRUCTOR:** Lori Enloe PT, MA

319-338-0005 [lori@breathbalance.com](mailto:lori@breathbalance.com) [www.breathbalance.com](http://www.breathbalance.com)

Check my blog for class schedule updates and other  
information about Tai Chi.

<http://breathandbalancetaichi.wordpress.com>

**BREATH AND BALANCE TAI CHI Fall 2011 Adjusted schedule**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone Number: Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_  
E-mail \_\_\_\_\_

Check the class(es) for which you are registering:

___ \$ 180	Tai Chi Fundamentals – Level 2	Tuesday	10:30 AM (starts Aug 30)
___ \$ 156	Tai Chi Fundamentals – Level 1	Thursday	10:30 AM (starts Sept 8)
___ \$ 168	Tai Chi Fundamentals-- Level 2	Thursday	5:30 PM (starts Sept 1)
___ \$ 156	Tai Chi Fundamentals – Level 1	Thursday	6:45 PM (starts Sept 8)

**Discount**

\_\_\_\_\_ Subtotal  
\_\_\_\_\_ 30% off each additional family member’s tuition

\_\_\_\_\_ **TOTAL PAID**

*Payment in full is preferred, however if you would like to make other arrangements, please contact Lori.*

Please write check to Breath and Balance Tai Chi and mail to:  
**Lori Enloe 242 Highland Drive Iowa City, IA 52246**  
Phone Number: (319) 338-0005 E-mail: [lori@breathbalance.com](mailto:lori@breathbalance.com) Website: [www.breathbalance.com](http://www.breathbalance.com)

***CLASS REGISTRATION IS DUE ONE WEEK BEFORE CLASS BEGINS***

Liability Waiver and agreement (informed consent)

I acknowledge that it is my duty to exercise ordinary care for the protection of others and myself while attending Tai Chi class at Breathe and Balance Tai Chi. I assume the risk of physical activity with my own physical condition. I have received advice from my physician that I am capable of physical exercise such as provided by Lori Enloe or any substitute instructors, or I will seek advice, or I will assume the risk of exercising without a doctors examination.

I take complete responsibility for my presence at City Ballet of Iowa for Tai Chi class and I will not hold Lori Enloe or any substitutes responsible for any injuries or loss I may incur as a result of my participation in any Tai Chi class now or in the future.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print name \_\_\_\_\_

Parent/guardian if under 18 \_\_\_\_\_

# Breath and Balance Tai Chi

## Class Descriptions

**INTRO TO T'AI CHI:** In this class, students will be introduced to the Tai Chi principles and learn to apply them to everyday life.

## T'ai Chi Fundamentals® (TCF)

**LEVEL 1:** Discover inner stillness as you strengthen and heal your body, mind and spirit while you learn the basic movement patterns of T'ai Chi and the TCF form. Learn to move efficiently as the postures progress from simple to complex. This course is great for beginners, individuals with health limitations and provides core training for those who want to continue to more complex Tai Chi forms. Classes include qigong and meditation.

**LEVEL 2 - ONGOING:** for students who have completed the Tai Chi Fundamentals Form. Students will deepen their Tai Chi and Qigong practice.

**LEVELS 1/2:** This class is for all Tai Chi Fundamentals students. Enjoy the benefit of studying with students of all levels.

For an in depth discussion of T'ai Chi Fundamentals go to [www.taichihealth.com/healthpro.html](http://www.taichihealth.com/healthpro.html)

# T'ai Chi Class Policies

**REGISTRATION:** Registration is due prior to the first class. Classes may be cancelled due to insufficient enrollment. Class size is limited. No refunds for missed classes or transfers to another session.

Payment for the entire session is preferred; however please check with Lori if you need to arrange an alternative payment plan.

**REFUND POLICY:** No refund after the first week of classes. A \$10 administrative fee plus a \$10 single class fee will be deducted from your refund.

**DRESS:** Please wear loose fitting clothing. Foot attire may be socks, barefoot, or shoes worn only indoors. Shoes worn outdoors may not be worn on the studio floor but may be worn in the reception area. To be considerate of those who have allergies, please do not wear perfumes or scents.

**CLASSES START ON TIME:** Plan to arrive 5-10 minutes early

**MISSED CLASSES:** If you miss a class, you may attend another T'ai Chi class during the current session. If class is cancelled due to instructor illness or illness of her children, you may attend another class during the current session. If necessary, a makeup class will be scheduled. If you miss a class, you may attend another T'ai Chi class during the current session.

**INCLEMENT WEATHER:** I will e-mail students if class is cancelled due to inclement weather. Check your radio or TV in the event of bad weather.

## About the Instructor:

**LORI ENLOE PT, MA** has practiced the Cheng Man-ch'ing (CMC) 37 Posture Short Form since 1993 and was certified by Tricia Yu to teach T'ai Chi Fundamentals in 2003. In addition to her daily practice, she continues her Tai Chi study with Tricia Yu, Pat Culotti and other CMC teachers. A physical therapist since 1989, Lori specialized in treating individuals with balance dysfunction and in clinical research.

T'ai Chi is the constant in my life that keeps me grounded on my journey, as I raise two boys with my husband in our ever changing world. Staying centered, sometimes, through calm and chaos is part of my T'ai Chi practice.

Lori is available to teach classes, give presentations and private day-time lessons (individual or group).

# Breath and Balance Tai Chi

## WHAT IS T'AI CHI?

T'ai Chi Chuan is an ancient Chinese exercise based in the philosophy of Taoism and is a form of qigong. T'ai Chi means "supreme ultimate"- the common source that unifies all apparent opposites and Ch'uan means "fist", referring to the martial art. T'ai chi practitioners learn to stay centered, both mentally and physically, in the midst of conflict as we learn to maintain a calm, quiet state of mind.

## BENEFITS OF T'AI CHI

T'ai Chi is a gentle Chinese exercise that, when practiced regularly, enhances:

- Relaxation
- Focus
- Posture
- Balance, stability
- Strength, flexibility
- Coordination
- Immune response
- Improved blood pressure

## T'AI CHI PRINCIPLES

- Active Relaxation
- Mindfulness
- Breathe awareness
- Weight Separation
- Moving from your center
- Postural alignment
- Slow, integrated movement

## Tai Chi Fundamentals® (TCF)

The Tai Chi Fundamentals form (TCF) was developed by Tricia Yu and Jill Johnson, PT to make T'ai Chi accessible to individuals of all abilities and for experienced practitioners to refine their form. This program provides a simplified systematic approach for mastering the T'ai Chi principles, and improving posture and core stability through functional movements. The basic components of the TCF Program are movement patterns, the TCF form and mind/body principles.

## **Movement Patterns**

The movement patterns are a series of 12 exercises incorporating functional movements to practice T'ai Chi principles. They follow a motor developmental sequence from easy to most difficult. The expressive arm movements are based on elements of Qigong. These movement patterns are repetitive for refining T'ai Chi basic skills and may be used as an exercise program themselves.

## **T'ai Chi Fundamentals form**

The Tai Chi Fundamentals form is rooted in Cheng Man-ch'ing Yang style Tai Chi. The postures progress from simple to complex. The form includes critical elements from the Yang style which promote balance, endurance, strength and coordination. By eliminating the more difficult parts of the traditional form, the TCF form is accessible to individuals with differing abilities.

## **Mind / Body Principles**

The mind/body principles promote healthy living with awareness of our whole selves- physical, emotional and spiritual.

## **Yang Style Tai Chi**

T'ai Chi originated as an ancient Chinese martial art around the 13 century AD. T'ai Chi Ch'uan was originally taught privately within the Chen family in China. In the mid 1800's, T'ai Chi Master Yang Lu Shan introduced T'ai Chi to the public. By the 20<sup>th</sup> century, Yang Lu Shan's grandson, Yang Chen Fu, promoted T'ai Chi as a health exercise. The T'ai Chi forms incorporated complex movement patterns that take months or even years to learn.

Grandmaster Cheng Man-ch'ing, a student of Yang Cheng Fu, developed a 37 posture short form from the Yang family long form. He came to the United States in the sixties and was one of the first masters to teach T'ai Chi to non-Chinese students. Prominent T'ai Chi forms taught today in the US include Wu, Chen, Sun and Yang forms.

## **Links for additional information:**

Tricia Yu -T'ai Chi Fundamentals

[www.taichihealth.com](http://www.taichihealth.com).

T'ai Chi Research

[www.krapu4.com/taichi/research/](http://www.krapu4.com/taichi/research/)

National Institute of Health

<http://nccam.nih.gov/health/taichi/>

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