TAI CHI: SEATED in a CHAIR  YANG STYLE  8 FORM

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CLASS FORMAT:
  Warm-up / Flexibility exercises
  Practice of Tai Chi postures previously presented
  Introduction and practice of new posture

SCHEDULE ( subject to change depending on progress of class ):

Sept. 6    Introductions; history; basic information; questions  
           Demo of form
           Warm-ups
           First postures: OPENING; LIFTING and PRESSING DOWN

Sept 13   New posture: REPULSE MONKEY
Sept 20   New posture: BRUSH KNEE
Sept 27   New posture: WILD HORSE SEPARATES MANE
Oct  4    New posture: WAVE HANDS like CLOUDS
Oct 11    Review and practice
Oct 18    New posture: GOLDEN ROOSTER
Oct 25    New posture: KICK with HEEL
Nov  1    New posture: GRASP SPARROW’S TAIL  right
Nov  8    Review and practice
Nov 15    New posture: GRASP SPARROW’S TAIL  left
Nov 19    Review and practice
Nov 22 – 24  Thanksgiving Break
Nov 29    New posture: CROSS HANDS and CLOSING
Dec  6    Review and practice