

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):

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| 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 |