

# Sun Style 73 Forms

## Skill Builder Workshop

January 12, 2014

9:15 am – 3:30 pm

Workshop Fee \$60



Gateway Taiji, Qigong, & Yoga

875 Islington St, Portsmouth, NH 03801

*This workshop is open to all interested in working with the Sun Style 73 Forms. We will be working with sections 1 through 3, or movements 1- 41. We recommend that you work with the DVD prior to the workshop. The DVD can be purchased at [www.taichiproductions.com](http://www.taichiproductions.com)*

### During this workshop you will:

- Review Sun Style stances and stepping
- Work with Sections 1-3 of the Sun Style 73 Forms
- Enhance your form, warm up and cool down sets by slowly adding essential tai chi principles
- Learn and identify how to modify the movements when necessary
- Have an opportunity to network with other tai chi practitioners and instructors

**To Register:** Return registration form and send with check payable to :

**Marsha Carr**

9 Riverbend Rd

Newmarket, NH 03857

**Registrations due by Monday JAN 6, 2014**

**Workshop may be rescheduled due to inclement weather**

**Facilitator: Julie Oberhaus**

**Senior Trainer, Tai Chi for Health Institute**

978-219-4847

[dancingcrane8@gmail.com](mailto:dancingcrane8@gmail.com)

**Local Host: Marsha Carr**

603-659-3594

[Marsha@tc4eb.com](mailto:Marsha@tc4eb.com)

[www.taichi4everybody.com](http://www.taichi4everybody.com)

*Workshop will include light refreshments.*

*Please bring a brown bag lunch*



**Mail payment to:** Marsha Carr 9 Riverbend Rd Newmarket NH 03857

**Sun Style 73 Forms Skill Builder Registration**

**Please Print Clearly!**

Full name\* \_\_\_\_\_

Email\* \_\_\_\_\_

Profession/Job Title\* \_\_\_\_\_

Billing Address\* \_\_\_\_\_

Address 2 \_\_\_\_\_

City\* \_\_\_\_\_

Phone\* (s) (ext) \_\_\_\_\_

I want to receive additional information about future Tai Chi events

**ACKNOWLEDGEMENT OF PERSONAL RESPONSIBILITY and CONSENT**

I understand that Tai Chi is a gentle exercise which may enhance my physical fitness and improve my condition. I confirm that my physical condition is fit to safely participate in this workshop.

In consideration for admission to this workshop (a) I hereby accept full responsibility for and assume the risk of any injuries sustained because of my participation in this workshop or practice or lessons involving Tai Chi and (b) I hereby release and hold harmless Julie Oberhaus, Marsha Carr, Gateway Taiji, Qigong, & Yoga, their respective officers, directors and shareholders, the instructors and all personnel in association with the Tai Chi Workshop for any liabilities, injuries and expenses which may arise as a result of participation in this workshop or practice or lessons involving Tai Chi.

I consent to the use of any photographs or videos taken of me, as well as any feedback or written comments by me in connection with the Tai Chi Workshop, for publicity, promotion, demonstration or other business purposes, in any medium, including the internet, and I waive any right to compensation in connection with such use.

**Signature of Workshop Participant**

\_\_\_\_\_

**Date** \_\_\_\_\_ **Location of the workshop** \_\_\_\_\_