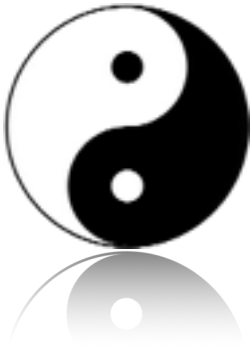


Tai Chi, the moving meditation...



Experience Physical Activity 8 Week Tai Chi Registration Form
* Please send registration form to experiencepa@gmail.com

Name of Participant: _____

Participant DoB _____

Name of Guardian(s): _____

Email: _____

Medical Alerts: _____

Health Card # _____

Phone # _____

Emergency Contact Name & Number:

Classes held Saturday morning from
10:00am-11:00am

Dates: July 9th, 16th, 23rd, 30th, Aug 6th, 13th, 20th,
27th

Payment made by cash, check or email transfer. Make check payable to experience physical activity, and email transfer to experiencepa@gmail.com.

I hereby release Steffannie Hancharyk and 'Experience Physical Activity' and all of its employees and volunteers from all responsibility and liability whatsoever from injuries, losses, and/or damages sustained by the above named participant arising out of his/her association with 'Experience Physical Activity.' I also understand that, in the event of an emergency, the participant's health card must be accessible.

I agree () I disagree ()

I give permission for photos to be taken for marketing purposes.

I agree () I disagree ()

Signature of Participant or Parent/Guardian:

8 Week Introduction to Yang Style T'ai Chi



Our Yang style T'ai Chi program promotes physical health as well as inner peace. Emphasis is placed on the synchronization of movement and breath with internal and external energies. Activities will enhance balance, range of motion, coordination and mindfulness. For ALL abilities.



Boosts Energy Promotes Deep Breathing

Fights Depression Improves Mental Clarity

Improves Balance *Tai Chi*

Relieves Pain Strengthens Lower Body

Lowers Blood Pressure

Improves Sleep

Call today to register!

Cost is 115\$

Call 905-359-9669

experiencepa@gmail.com

<http://www.exphysicalactivity.ca>

<https://www.facebook.com/ExperiencePhysicalActivity/>

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Located at Welland Martial Arts Centre
40 Division Street, Welland, ON