

Tai Chi Registration Form

Which class? Tai Chi for Arthritis Tai Chi for Energy

Name _____ Birthdate _____

Address _____

_____ ZIP _____

Phone* _____ e-mail* _____

Emergency contact: _____ Phone _____

- These may be used to contact you with class-related information, including cancellation & rescheduling in case of bad weather.

I understand that there is an inherent risk in any exercise activities. I have read the Tai Chi for Arthritis/Energy Program Information & Guidelines, and I agree to abide by the rules set out in them. I have no medical condition that would prevent me from participating safely in this class. I understand that if I believe that there might be a medical reason why I should not participate in this class, it is my responsibility to obtain a clearance from my doctor before starting the class.

Signature _____ Date _____

Tai Chi for Arthritis?/Energy Program Information & Guidelines

- The Tai Chi exercise in this program is similar to walking in terms of physical exertion.
- Classes are open to any person who is medically fit and can participate in the class without assistance.
- Any participant who has any doubt whether or not he/she is medically fit to attend the class is required to have a medical clearance from his/her doctor prior to beginning the class.
- Classes usually last for one hour. Participants are strongly encouraged to rest when needed and to work within their own comfort zone at all times.
- Participants will do a gentle warm-up exercise before they start and a cooling down exercise afterward.
- Practice between classes, preferably daily, and regular class attendance is necessary for learning either the TCA or the TCE form.
- Only instructors certified to teach TCA and TCE conduct the respective classes.

Registration deadlines: TCA – September 2, 2016; TCE – September 9

Please mail registration and check for either \$100 (TCA) or \$70 (TCE) to:

Dragonfly Healing Arts
15479 Ladyslipper Lane
Deerwood, MN 56444

Questions? Contact Julie at dragonflyha@live.com or 218-838-0097(phone after 8-14-16)