

Smoky Mountain Wellness

Tai Chi for Better Living

Begins mid-January 2015

Classes are on Mondays and Wednesdays

Courses Description

Level 1

The course includes introduction to the principles of Tai Chi and Arthritis Foundation® Tai Chi Sun Style 12 Form. Qi Gong exercises are included.

Pre-registration is required.

Fee \$90.00#

Level 2

The course advances from the Sun Style to the Arthritis Foundation® Sun Style 31 Form. Qi Gong exercises are included in this program.

Pre-registration is required.

Fee \$90.00*

Exploring Tai Chi and Qi Gong Forms

A practice session for individuals who have completed the Level 1 and 2 Arthritis Foundation Tai Chi courses designed to bring your practice to another level Qi Gong, Sun 73, Yang and Chen Forms shared.

Pre-registration is required.

Fee \$60.00*

Level 1 and 2 classes will be 9:30am to 10:30 am

Exploring Tai Chi and Qi Gong Forms will be 10:30am to 11:00am these classes are held at Everett Recreation Center

EVENING classes are held 5:30 -6:15 PM Level 1, beginning Tai Chi and 6:15-7:00 Level 1 Advanced at the Springbrook Recreation Center, Springbrook Park Recreation Center. 1537 Dalton Street, Alcoa, TN 37701

#Humana Flex Reduced Fee \$58.00

***Humana Flex and Silver Sneakers Accepted**

The courses are eight weeks long. Sessions are on Monday and Wednesday mornings at Everett Recreation Center, Room 205, at 318 Everett High Rd. Maryville.

About the Instructors

Donna Dixon is a registered nurse and clinical exercise physiologist experienced in exercise instruction and planning for individuals of all levels of fitness. She holds ACE Cert. Group Fitness Instructor and ACSM Certified Group Fitness Instructor. She has practiced Yang Tai Chi since 2004 and a certified Arthritis Foundation® Sun Style instructor. She has been a member of A.C.S.M. since 1989.

Mary Pope is an Arthritis Foundation Certified Tai Chi Instructor, who has practiced tai chi for personal health benefits for over 5 years. She is also a retired physician. Her teaching perspective brings a wonderful and insightful look at the practice of tai chi and qi gong forms.



Smoky Mountain Wellness
Tai Chi for Arthritis*

REGISTRATION

I am registering for: Morning Level 1 ____ Level 2 ____ Explore Tai Chi Forms ____
EVENING Level 1 ____ Level 2 ____

Name: _____ Date: _____

Address: _____

Email: _____

Phone _____ D.O.B. ____ / ____ / ____

Pay by Check or Credit Card (Visa or Master Card Only)

CC No. _____ Exp. Date _____

Signature _____

Classes are on Monday and Wednesday. Class size is limited. For guaranteed registration, deposits must be paid in advance of the class. If available, participants may register up the first day of class.

Please mail or fax this form and waiver to:
Smoky Mountain Wellness
P.O. Box 1020, Alcoa, TN 37701

For more information www.smokymountainwellness.com.
Phone 865-803-8887 or Fax 865-982-3808
Fees are nonrefundable after course start date

Waiver

Read and complete.

Program Guidelines:

Classed are open to suitable persons provided they are medically fit, are independently mobile and can participate without assistance in the class. The Tai Chi exercise in this program would be similar to walking in terms of physical exertion.

Any participant, who has any doubt whether they are medically fit to attend the class, is required to have a medical clearance from their physician prior to the first class session.
Sessions last forty-five minutes to one hour. *Sessions are to start on time.*

Waiver

I have read the Program Guidelines and I understand that there is an inherent risk in any exercise activities and I agree to abide by the rules set in the Guideline.

I know that there are no medical reasons why I should not participate in this class or work shop. I understand if I do have any medical reasons why I should not participate in this class or workshop then it is my responsibility to obtain a clearance from my doctor before beginning.

Signature _____ Date: _____