



Tai Chi for Health.....in Cheshire

OCTOBER - DECEMBER 2019 **ENROLMENT AND WAIVER FORM - 10 WEEK COURSE £70 ***

*** Join one course and get another half price!**

Print Name _____

Address _____

Preferred Telephone Number _____

Email ** _____

*** Only if you would like to be contacted and receive information applicable to classes via email.*

DAY	TIME	COM	VENUE	CLASS	LEVEL	✓
TUES	12:00 - 1:00 pm	1st Oct	Cuddington & Sandiway Village Hall, CW8 2LB	24 STEP YANG STYLE	IMPROVERS	
TUES	2:00 - 3:00 pm	1st Oct	Polish Parish Social Club, CW9 8AT	YANG STYLE (Short & Long Forms)	IMPROVERS	
WED	7:00 - 8:00 pm	2nd Oct	Castle Community Centre, AGE UK, CW8 1DT	YANG STYLE (Short & Long Forms)	IMPROVERS	
THURS	10:00 - 11:00 pm	3rd Oct	Polish Parish Social Club, CW9 8AT	YANG STYLE (Short & Long Forms)	IMPROVERS	
THURS	1:00 - 2:00 pm	3rd Oct	Polish Parish Social Club, CW9 8AT	24 STEP YANG STYLE	IMPROVERS	

PROGRAMME GUIDELINES & DISCLAIMER

Classes are open to any suitable person as specified in our literature, provided they are medically fit, are independently mobile and can participate without assistance in the class.

Any participant who has any doubt whether they are medically fit to attend the class, is required to have a check with their Doctor prior to commencing.

Classes usually last for one hour. Participants are encouraged to have a rest in between if needed and to work within their own comfort zone at all times.

Participants are required to do a gentle warm-up exercise before they start and cooling down exercise before finishing. The Tai Chi and Qigong exercises in the Programme would be similar to walking in terms of physical exertion.

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

I know that there are no medical reasons why I should not participate in this class or workshop. 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 commencing.

I understand that by signing this form, I am accepting full responsibility for my safety and will adhere to the above guidelines

Signature _____ Print Name _____ Date _____

'Tai Chi for Health in Cheshire' is committed to protecting your privacy. Your data will only be used in relation to any of the classes that you participate in that are organised by Lynette and Doug Bowler. All information will be treated confidentially and will not be sold or passed to any other organisation.

<p>PLEASE COMPLETE FORM AND SEND WITH CHEQUE FOR £70.00 PAYABLE TO D. BOWLER TO: 11 RIVERSIDE PARK, NORTHWICH, CHESHIRE, CW8 1DS</p>

LYNETTE & DOUG BOWLER

Premier Instructor Members: Tai Chi for Health Institute

Instructor Members: Deyin Taijiquan Institute (GB)

Instructor Members: British Health Qigong Association

MEMBERS OF THE TAI CHI UNION FOR GREAT BRITAIN



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