



# Tai Chi for Health.....in Cheshire

**OCTOBER - DECEMBER 2019**

**ENROLMENT & WAIVER FORM - TAIJI KUNG FU FAN FORM**

**10 WEEK COURSE £70**

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
WED	1:30 - 2.30 pm	2nd Oct	Polish Parish Social Club, CW9 8AT	TAJI KUNG FU FAN	IMPROVERS

## PROGRAMME GUIDELINES & DISCLAIMER

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.

Each Class will last for one hour. Participants are encouraged to have a rest if needed at any time within the hour, and to work within their own comfort zone and ability at all times.

Participants are required to do warm up exercise before they start and cooling down exercises before finishing.

Traditionally the Fan is a weapon. Therefore it is important for Learners to gain control of the Fan, whilst being mindful of their own safety and the safety of others around them.

The complete routine of 52 Forms in 6 sections includes Tai Chi and Kung Fu. It is slow, fast, and in parts, vigorous. In this Introductory Course the forms will be taught slowly and thoroughly to aid maximum safety.

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

Sign Name \_\_\_\_\_ 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.*

**ANY QUESTIONS? PLEASE TELEPHONE: 01606 784715 OR MOBILE: 07712445589**

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



### 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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