



Tai Chi for Health.....in Cheshire

SEPTEMBER - DECEMBER 2017 **ENROLMENT AND WAIVER FORM** **12 WEEK COURSE £72 ***

Print Name.....Date of Birth.....

Address.....

Tel.....Email.....

DAY	TIME	COMM.	VENUE	CLASS	TICK
MON	1:30 - 2:30 pm	18th Sept	Polish Parish Social Club, CW9 8AT	24 STEP YANG STYLE	
MON	7:30 - 8:30 pm	18th Sept	Polish Parish Social Club, CW9 8AT	24 STEP YANG STYLE	
TUES	12:00 - 1:00 pm	19th Sept	Cuddington & Sandiway Village Hall, CW8 2LB	38 STEP SUN STYLE	
TUES	7:30 - 9:00 pm	19th Sept	Castle Community Centre, AGE UK, Castle, CW8 1DT (* Tuesday Evening 1½ hours £90)	88 STEP YANG STYLE	
WED	1:30 - 2:30 pm	20th Sept	Polish Parish Social Club, CW9 8AT	24 STEP YANG STYLE	
WED	7:00 - 8:00 pm	20th Sept	Castle Community Centre, AGE UK, Castle, CW8 1DT	24 STEP YANG STYLE	
THURS	10:00 - 11:00 am	21st Sept	Castle Community Centre, AGE UK, Castle, CW8 1DT	24 STEP YANG STYLE	
THURS	11:30 - 12:30 pm	21st Sept	Castle Community Centre, AGE UK, Castle, CW8 1DT	24 STEP YANG STYLE	

PROGRAMME GUIDELINES - Accredited Instructors conduct the classes

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.

Signature.....Print Name.....Date.....

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

PLEASE COMPLETE FORM AND SEND WITH CHEQUE FOR £72.00
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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