



Linda's T'ai Chi Ch'uan

Weekly Handout June 4, 2023

Information and Resources for Linda's T'ai Chi

Information

- Tuition for Tai chi classes is \$30 per month. This is all inclusive so that you can take as many classes per week as your schedule and goals permit. Tuition is based on 3- 4 classes per month. If classes are fewer than 3 per month, I prorate the tuition. Some months have 5 weeks. I do not charge extra for that extra week. From time to time, I take a break on the 5th week like I did in May.
- For those of you who travel or have a variable schedule, you have the option of paying per class if your attendance is fewer than 2 sessions per month. The tuition for a single class is \$7.00. Please let me know if you want to use this option.
- I know that masking may feel uncomfortable but for the health and safety of those of us with compromised immune systems, masking and vaccinations will keep everyone safe. I am proud of the fact that since 2020, no one has been infected from a contact in the classes. One reason is that we mask. The second is that you are staying home when you are not feeling well. Thank you for that.
- If you go to my website- **Linda's Tai chi**- you will see an icon on the upper right. It is "Linda's Blog" I keep this updated about once a week with information about events like cancellation of classes (very rare). World Tai Chi Day, and Tai Chi in the Park.

Resources

A good resource on my website is the “For Students” icon in the upper right. Click on that icon and you will come to the page where you can log in or join. You are not a member unless you submit your request to join. I do this to avoid non- students from signing in. Create a user name and password, Keep it simple. I do not have access to your information. This is where you will find all of my past weekly handouts, videos and written resource materials.

T'ai Chi Shoes

There is no requirement to have Tai Chi shoes. A flat soft shoe or thick socks are just fine. However, if you wish to have a pair of Tai Chi shoes, I sell them. I sell them at cost and do not make a profit on shoes. I do this as a service to you, my students.

Tai Chi Music

I have placed some of the music I use in class on a google drive. You need a google account (an email) . It is free. Once you have a google account and want access to the drive let me know, I will send you an invitation. I can also copy a CD but you would have to give me a blank CD to copy.

Looking Forward

June

The Repertory Theater will be doing a series of theater in the round in the month of June. That means that chairs will be set up in the corners so our space becomes a bit compressed. It has worked okay for us the past few years.

June 27 and 28, all classes will move to Hillcrest Church to accommodate the theater rehearsals. Hillcrest Church is at 1400 Larrabee, one block south of the Firehouse.

Park across the street in the graveled parking lot and enter through the doors that say, "Office".

July – Qigong Tai Chi in the Park begins

Every Thursday morning at 9:30- 10:15 AM at Zuanich Park Point. We gather at water's edge behind the Community Center. Bring a sweater. Even in the summer the breeze off the water can be chilly. Tai Chi in the Park ends September 28 when we return to our 10 AM time at Hillcrest Church. Bring your friends and family.

August

I am taking a vacation from August 6- 13. All classes cancelled that week. Classes resume on Monday August 14.

September

Tai Chi in the Park ends on September 28th and starting Thursday October 5th, Qigong (Tai Chi) returns to Hillcrest Church at 10 AM.

December

Our last class for 2023 will be Thursday December 7, 2023. I will be on a break from December 11 – January 1, 2024. Classes resume Tuesday January 2, 2024. Tuition for December is \$7.00. Any overage of tuition I donate to the Firehouse Art and Event Center.

2024 is the Year of the (Wood) Dragon)

This should be a year of prosperity and thriving. How nice that would be.