

SPRING CLASS SCHEDULE

April 2nd to June 13th, 2007

Classes are held once a week, except no classes Monday May 28th.

Monday Classes:

Beginners 5:45 - 6:45 p.m.
Intermediates 7:00 - 8:00 p.m.

Wednesday Classes:

Form Refinement 6:30 - 8:00 p.m.
Sensing Hands/Sword: 8:00 - 8:45 p.m.
(by permission only)

Saturday Practice: 11 a.m. - 12:30 p.m. This non-instructional Practice is open to fully enrolled students only. It can be used as a make up for missed classes or as additional practice at no additional charge.

Wear comfortable, loose fitting clothing and bring a pair of clean, flat soled shoes to change from your street shoes.

Tuition is \$110 for the 11 week session, payable in full at the first class. For form refiners only, tuition is \$40 per month, payable monthly, or can be paid "a la carte" at \$12 per class. Senior Discount 10% applied to full session tuition only. Special group as well as private, individual instruction offered. Please inquire.

For further information call 256-0295.

All of the classes listed here are taught at:
**Synergy Studio
713 Monroe Avenue
Genesee Center for the Arts Bldg.
2nd Floor**

Parking is available in the Blessed Sacrament Church parking lot across the street.
Daytime classes only, please park in the section closest to Rutgers Street.
Night/Weekend classes can park anywhere in the lot or on the street.



GREAT LAKE T'AI CHI CH'UAN has been dedicated to the continuous teaching of Professor Cheng's Yang Style Short Form in Rochester, New York for over 3 decades.

Our focus is health, relaxation, meditation and exercise. Our approach emphasizes connection to ground, joint alignment, balance, inner peace and harmony. Once learned, T'ai Chi awakens the student to a lively body-mind-spirit, and an integrated expression of one's vital energy.

"A gentle exercise, performed as a series of soft and supple movements. A benefit to all, regardless of age or condition!"

Principal instructor **Mark Westcott** is a senior student of Maggie Newman of New York City. Mark has been studying T'ai Chi for over 3 decades with Maggie. He has been teaching since 1982, beginning when Maggie passed the Rochester school to him. Mark has also studied extensively with Ben Lo, Liu Hsi Heng, and Lenzie Williams.

* Due to the Memorial Day holiday, tuition is \$100 for 10 weeks for the Monday class