

October 6. After this date cancellations will be refunded at 50% of fee paid until day of the workshop(s). Fees paid will not be refunded for failure to attend.

Silk Reeling:

Master Trainer (MT) Linda Ebeling will lead an evening workshop to the practice of Silk Reeling Friday night (October 27, 2017). She will introduce concepts and led a practice session with some of the movements.

Silk Reeling is a set of exercises that activates the mind-body connection to increase physical and mental health. The movements stimulate internal life energy (Qi), while also increasing strength, body awareness, coordination, and balance. Application of Silk Reeling will aid relaxation, grounding, and internal balance. Concepts and movements from Silk Reeling will benefit all practices of Tai Chi, especially Chen Style. Beginners welcome.

Tai Chi for Energy:

Join MT Linda Ebeling for a two-day workshop to learn the Tai Chi for Health Institute form – Tai Chi for Energy. This workshop has the option to earn a teaching certificate from the Tai Chi for Health Institute.

The Tai Chi for Energy form combines Sun and Chen style Tai Chi to create a wonderful synergy that provides greater health benefits than the traditional forms alone. This program will improve your health and wellness, build internal energy, and increase your ability to manage stress.

Tai Chi for Energy, Part 2:

MT Linda Ebeling will hold a one day workshop to teach Part 2 of the Tai Chi for Energy Form.

The original Tai Chi for Energy inspired so many and provided such amazing health benefits that the form was expanded. The form includes all the powerful synergy of the original Tai Chi for Energy Form with new movements.

Before the Workshop: It is recommended to review the form(s) prior to the workshop(s) to gain the most benefits from the workshop. Depending on interest, opportunities to practice with a group will be made available.

Silk Reeling videos are available at Youtube; however the movements may be slightly different than the form presented and practiced by Linda Ebeling.

Instructional dvds for Tai Chi for Energy and Tai Chi for Energy 2 are available through Tai Chi Productions.

Tai Chi for Energy

<http://us.taichiproductions.com/dvds/beginners/tai-chi-for-energy-relax-refresh-and-revitalize-free-first-lesson/>

Tai Chi for Energy 2

<http://us.taichiproductions.com/dvds/intermediate/tai-chi-for-energy-2-twice-the-energy-free-first-lesson/>

Workshop Details

VENUE:

Friday, Saturday, and Sunday will be held at the Chugiak-Eagle River Senior Center (CERSC), dining room. Monday's training will be held at Lynn's Studio.

Chugiak-Eagle River Senior Center
22424 N. Birchwood Loop Road
Chugiak, AK 99567

Lynn's Studio
24918 Jesse Lee Ct.
Chugiak, AK 99567

Schedule:

Friday Oct. 27:	Silk Reeling	6:00 pm - 8:30 pm
Saturday Oct. 28:	Tai Chi for Energy	9:00 am - 5:00 pm
Sunday Oct. 29:	Tai Chi for Energy	9:00 am - 5:00 pm
Monday Oct. 30:	Tai Chi for Energy, Part 2	9:00 am - 5:00 pm

Loose comfortable clothing and well-fitted shoes with smooth soles recommended. Please bring your own lunch and water bottle. Tea and light snacks will be provided.

Tai Chi for Health Re-Certifications

Re-certifications in other Tai Chi for Health programs may be available. Please contact Lynn Pillion, Sarah Meitl, or Linda Ebeling for availability.

If you received training at previous workshops in the Anchorage area, please be advised of the approaching teaching certification expiration dates. We do not plan on holding a Spring 2018 workshop.

Seated Tai Chi for Arthritis (expires October 2017)
Tai Chi for Falls Prevention (expires October 2017)
Tai Chi for Rehabilitation (expires March 2018)
Tai Chi for Kidz (expires March 2018)

Please mail the first page of this form along with your check or Money order to:

Lynn Pillion
24918 Jesse Lee Ct.
Chugiak, AK 99567

Questions? Contact Lynn at lpillion@mtaonline.net, 907-854-6622.