

Tai Chi Workshop

with Nathan Menaged

June 16th & 17th

Saturday 3pm-7pm ~ Sunday 10am-2pm

Roswell Budokan

Sponsored by Jeff Cook of Dragon Cloud Tai Chi

Registration for both days in advance is \$150 and single day \$100, at the door: both days \$175 and single day \$125.

WORKSHOP WITH NATHAN MENAGED

TAI CHI CHUAN

Use softening to uproot your opponent with any move, any form, and any art.

"When the abdomen is completely relaxed, the Chi can rise in the body spontaneously. The Chi sinks (no by force) to the Dan Tien. Respiration must be natural, so that your movement will be active and alert. If the Chi is cultivated naturally and with a quiet spirit, no harm will come. The Chi will then flow without hindrance throughout you body."

Doctor Tao Ping-Shiang (Nathan's Master)



Sponsored by
Jeff Cook
Dragon Cloud Tai Chi

Tai Chi Workshop Registration Form

Name _____ Email _____ Phone (____) _____

Registering ____ workshop participants. Number of Days Attending: _____ Total amount due \$ _____

Additional Attendees Names: _____

Please Make Checks Payable to Jeff Cook. Mail Check and Completed Registration Form to:

Jeff Cook 10932 Big Canoe, Big Canoe Georgia 30143