

FALL 2010 CLASS SCHEDULE

	TIME	COURSE	LEVEL	DATE	WEEKS	INSTRUCTOR
MONDAY	5:30-6:40 pm	Form 1: section 4	I	9/20-12/20	quarter	Elmo MacKay
	5:30- 6:40 pm	The Heart of Tai Chi Fundamentals (via PAE 775-0432) FREE class 9/20	B	9/27-12/16	10 wks	Ian Gamble
	5:30-6:40 pm	Form 2: Extended form practice & discussion	A	9/20-12/20	quarter	Jason Ames
	6:50-8:00 pm	Tai Chi Fundamentals FREE class 9/13	B	9/20-11/29	10 wks	David Moltz
	6:50-8:00 pm	Push Hands	I/A	9/20-12/20	quarter	Ian Gamble
	8:00-9:00 pm	T'ai Chi Sword Form & Two Person Drills	A	9/20-12/20	quarter	Ian Gamble
TUESDAY	5:30-6:40 pm	Form 1: section 4	I	9/21-12/14	quarter	Ian Gamble
	6:50-8:00 pm	Internal Athletic Power Qigong FREE class 9/21	B/I	9/28-12/14	12 wks	Ian Gamble
WEDNESDAY	12:00-1:00 pm	Primordial Qigong FREE class 9/15	All	9/22-12/11	10 wks	Ian Gamble
	5:30-6:40 pm	Tai Chi Fundamentals FREE class 10/13	All	10/20-12/15	8 wks	Elmo Mackay
	5:30-6:40 pm	Form 2: breathing & corrections	A	9/22-12/22	quarter	Andrew Bloom
	5:30-6:50 pm	Soaring Crane Qigong FREE class 9/29	All	10/6-12/15	10 wks	Susan Cromwell
	6:50-8:00 pm	Beginning Form 1	B/I	9/22-12/22	quarter	Jason Ames
	6:50-8:00 pm	Explorations of the Tai Chi Staff	I/A	10/20-12/15	8 wks	Elmo Mackay
	6:50-8:00 pm	Open Studio with TUTOR free for current students	All	9/22-12/22	quarter	varies
THURSDAY	9:00-10:30 am	Form 2: Light as a Feather	A	9/16-12/16	quarter	Ian Gamble
	9:00-10:15am	EBT Tai Chi Form & Qigong (register PAE 775-0432) FREE class 9/16	All	9/23-12/16	12 wks	Jason Ames
	12:00-1:00 pm	Open Studio with TUTOR free for current students	All	9/16-12/16	quarter	varies
	12:00-1:00 pm	Form 1: section 4	I	9/16-12/16	quarter	Ian Gamble
	5:30-6:50 pm	Form 1: section 3	I	9/16-12/16	quarter	Alex Wong
	5:30-6:40 pm	Introduction to Chen Style: Hunyuan Tai Chi Chuan	I/A	9/16-12/16	quarter	Jason Ames
	5:30-6:40 pm	Form 2: Breath, Metal & Tai Chi	I	9/16-12/16	quarter	Ian Gamble
	6:50-8:00 pm	Standing and Supine Qigong: cultivating stillness	B/I	10/14-12/9	8 wks	Jason Ames

B=BEGINNER I=INTERMEDIATE A=ADVANCED ALL=ALL LEVELS

CLASSES HELD AT OTHER LOCATIONS

OFFERED BY	DAY	TIME	DATES	COURSE	CALL TO REGISTER	LOCATION
South Portland Parks & Rec.	Mon.	9:30-10:45 am	9/27-11/29	EBT Tai Chi Form & Qigong FREE class 9/20	767-7650	Community Center - S. Portland
Full Circle Synergy	Tues.	9:00-10:10 am	9/21-12/14	Form 2: Breath, Metal & Tai Chi	780-9581	UU Church - Yarmouth
Full Circle Synergy	Tues.	10:20-11:30 am	9/21-12/14	Form 1: section 3	846-2406	UU Church - Yarmouth
MaineHealth Resource Center	Tues.	6:00-7:15 pm	9/21-11/23	EBT Tai Chi Form & Qigong	885-8570	MHLRC - Scarborough
Yarmouth Community Services	Tues.	12:00-1:00 pm	10/5-12/7	Primordial Qigong FREE class 9/28	846-2406	UU Church - Yarmouth
MaineHealth Resource Center	Wed.	9:00-10:00 am	9/29-11/17	EBT Tai Chi Form & Qigong for Seniors	885-8570	MHLRC - Scarborough

FEEES FOR CLASSES AT 500 FOREST AVE- PORTLAND

T'ai Chi Fundamentals & QiGong

8 weeks \$90
10 weeks \$115
12 weeks \$130

Students enrolled in a Form 1 class may attend additional form classes in prior or equivalent sections for no additional fee.

To register for classes call 780-9581

Fees are pro-rated \$12 per class for students joining mid-quarter.
Drop-In Fee: \$15 per class.

FEEES FOR QUARTERLY CLASSES

1 class a week 2 classes a week 3+ classes

Sept. 15- Dec. 30 \$150 \$265 \$315

Fees vary for classes offered outside of 500 Forest Ave.

www.fullcirclesynergy.com

COURSE DESCRIPTIONS

T'AI CHI FUNDAMENTALS (TCF)

This class explores fundamentals of T'ai Chi and Qigong. In particular we explore the dynamic relationships between stillness and movement, expanding and condensing, opening and closing. Gentle rhythmic pulsations of movement stimulate the body's natural circulation allowing stuck places to move, weak places to activate and energize, and places of strength or tension to harmonize and integrate with the whole body. Expect to improve balance, release stress, and celebrate the joy of movement. This class offers a good foundation for learning the T'ai Chi form. Western Medical Research confirms that T'ai Chi is important complimentary therapy for a wide range of chronic and acute ailments.

T'AI CHI FORM CLASSES

Yang Style T'ai Chi Form is a 10-15 minute moving meditation. Students often learn the Form after T'ai Chi Fundamentals, although TCF is not required. The practice of T'ai Chi Form is one method of understanding the self-healing and self-defense practice of T'ai Chi.

FORM 1

Classes teach the 60 movements of William C.C. Chen's short Form in 12-15 months. The 60 movement Form is divided into five sections to clarify the curriculum: Section 1 (#1-8), Section 2 (#9-20), Section 3 (#21-30), Section 4 (#31-52), Section 5 (#53-60 and review). Any student enrolled in a Form 1 class may attend any additional form classes that are in prior or equivalent sections of the form, for no additional fee. In addition to learning the movement mechanics, students develop their own practice, which allows them to "take home" the stress reduction and active relaxation methods of T'ai Chi.

FORM 2

Classes encourage students to explore, study, and celebrate the T'ai Chi Form. Emphasis varies depending upon the interests of the students and teachers. Topics generally follow a three-year Form 2 curriculum developed at FCS.

EBT@7 MOVEMENT T'AI CHI FORM & QIGONG

(Evidence Based T'ai Chi) The EBT program is the product of Dr. Yang's traditional training with several of the 18th generation grandmasters of the Chen style, and his work as a researcher studying the mechanisms and benefits of Taiji and Qigong practice. When devising this program, Dr. Yang asked himself the simple question: "what are the most important aspects of traditional training that will yield the greatest measured benefit in the shortest amount of time?" This program is the product of that question. It contains essential static and dynamic qigong exercises and a seven-movement introductory form that is purposely challenging yet adaptable to suit persons of all ages and abilities.

TUI SHOU (PUSH HANDS)

Classes emphasize the essential qualities of Push Hands including sensitivity, neutralization and yielding, rooting and uprooting, and releasing tension during an interactive experience. Working in pairs, students experience the dynamic of Push Hands while learning to work and grow with others. As taught in this class Push Hands is stimulating and exciting, but not "competitive" in the usual sense.

T'AI CHI SWORD FORM

T'ai Chi Sword form and two-person drills; FMI see website.

To save resources FCS is using email to send quarterly schedules and other information. Please send us your email address: info@fullcirclesynergy.com

OPEN STUDIO

Open Studio is free and available to currently enrolled students, to be utilized for unsupervised practice and sharing. Instructors and senior students will be available to assist and the FCS library and media resources are available.

PRIMORDIAL QIGONG

Primordial Qigong is a rare and powerful qigong from the ancient Taoist tradition as transmitted by renowned T'ai Chi Chuan Master Feng Zhiqiang. This accessible twelve-movement system cultivates, rejuvenates and revitalizes, blending the primordial energy of Heaven and Earth with the energy of life within the body. Open to and recommended for all levels of experience, including beginners.

STANDING I-CHUAN, & SUPINE QIGONG

I-Chuan is an ancient Qigong for cultivating internal energy. Benefits include release of mental and physical tension, strengthening the nervous system, increased mental and physical stamina, and increased cultivation of Qi. One can learn how to cultivate relaxation while maintaining an integrated posture. Some constant standing meditations is an essential element for anyone seeking significant enhancement of self-healing, or increased athletic ability.

SOARING CRANE QIGONG

Soaring Crane consists of 5 short sets of simple yet powerful movements. The 5 forms are designed to open and revitalize both the upper and lower body and work together to release tension and stagnation while promoting relaxation within the entire body. Soaring Qigong utilizes mindful practice to stimulate acupuncture points and promote the free flow of qi throughout the body, calming the mind and supporting wellness.

EXPLORATIONS OF THE STAFF

The staff is the simplest of the weapons of Tai chi and, because it is held with two hands, it is one of the easiest to use. Students will learn a staff form that illustrates the fundamental principles of the weapon. If time permits, we will explore some basic two-person work. This will be a low-impact class. Participants will need a staff ("bo" in Japanese) or any wooden stick about six feet long and about one and one-quarter inches in diameter.

INTERNAL ATHLETIC POWER QIGONG

"Western-style" athletic training often includes strength training, quickness, reaction time, agility, flexibility, and physical stamina. This class will explore these elements in the context of "Qi"-gong" which translates as "energy effort or energy cultivation." Additional elements to those above include, visualizations and mental stamina, rooting, habituating efficient body mechanics, integration of mind, body, breath and spirit; pliability and rejuvenation. The taste of bitter is good for the heart. In this class you can expect to taste some bitter, share some laughter and achieve your training goals in a whole new way.

INTRO TO HUNYUAN CHEN STYLE TAI CHI

This class will introduce students to a wide variety of training methods and individual forms from Hunyuan Chen style tai chi. By developing a richer understanding of silk reeling qigong and large extension, students of any style will gain insight into the role of dan-tien in moving physically and energetically from their center.