

CITY OF BONNEY LAKE RECREATION DEPARTMENT
BEGINNER TAI CHI & QIGONG CLASSES



SCAN/EMAIL
 Scan form and email to:
recreation@cobl.us
 Then phone in Visa/MC to:
 (253) 891-6500

MAIL IN
 Send form and payment to:
 Recreation Department
 1202 Wood Ave.
 Sumner, WA 98390

BRING IN
 Bring form and payment to:
 Recreation Department
 15206 Daffodil St. Ct. E.
 Sumner, WA 98390
 Behind Daffodil Elementary

Participant's Name _____ Grade _____ School _____
 Parent/Guardian's Name _____ Email _____
 Address _____ City _____ Zip _____
 Cell Phone _____

Qigong – Ages 14 & up

Qigong is a thousand-year-old discipline designed to improve physical and mental health by stimulating the twelve meridians. This class will introduce Mawangdui Daojin, a system based on the famous silk paintings unearthed from an archeological excavation in Changsha, Hunan Province. Also included in the course will be primary warm-ups, Meridian Tapping, and breath work. Instructor, Robby Llanos.

Beginner Tai Chi – Ages 14 & up

For centuries, the beautiful art of Tai Chi Chuan has been a daily prescription for health and longevity. It emphasizes correct posture, relaxation, balance, breath control, mental serenity, and concentration. This beginning Tai Chi class will cover basic fundamentals of Classic Yang Style, the most widely practiced Tai Chi form in the world and one of the most accessible and rewarding disciplines for health and wellness. Instructor, Ronny Llanos, has been teaching Tai Chi for 45+ years.

Dates: January 10, 17, 24, 31, February 7, 14, 21 & 28
 Times: Qigong: 10:00 - 11:00am Beginner Tai Chi: 11:00am - 12:00pm

Location: Robert Miller Gym, Sumner
 Cost: Qigong - \$110 (\$119 non-residents)
 Beginner Tai Chi - \$110 (\$119 non-residents)

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise against the City of Bonney Lake. In absence of signature, payment of fee and participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, videos, recordings, or any other records of this program for promotional purposes. The City of Bonney Lake does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental, or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Signature _____ Date _____

Class: _____ **Qigong (10AM)** _____ **Beg. Tai Chi (11AM)** _____ **Cost:** \$ _____
 Non-Resident fee: \$ _____
 Total: \$ _____
 Check # _____ (Make checks payable to: Recreation Department)
 Visa/MC # _____ / _____ / _____ / _____ Exp ____ / ____ CVV#: _____