

## Practice Taiji Form with Qi Elements

Keep your Taiji form fresh and enjoy the energy of group practice. Qi Elements invites other students of the Yang Family long sequence to join us in performing the long sequence. We perform the entire long sequence on Tuesday evenings between 8:00 and 8:30 PM, Tuesday and Thursday mornings between 11:00 and 11:30 AM, and Saturday mornings between 10:30-11:00 AM. The form performance takes approximately 20 minutes. We usually call the form commands, but sometimes we do the form without the commands. The only requirement to join us is that you are able to follow the sequence. If you are not yet comfortable with the entire sequence, you can step out at any point and observe the rest of the performance. The fee is \$8 per performance.

We also provide instruction in the form approximately a half hour before the form performance.<sup>i</sup> The form instruction will be geared to the needs of our full-time students and will be led by Shifu Blough, Shifu Friedman, or one of our senior or intermediate students. If you would like to join us for both form instruction and form performance, the fee is \$16.<sup>ii</sup>

On Saturdays, our form performance is followed by a one hour Qigong class, 11:00 AM to 12 Noon. If you would like to join the Qigong class, the drop-in fee for the class is \$18 or you can purchase a package of 10 Qigong classes for \$150.

---

<sup>i</sup> The other portions of Qi Element's Taijiquan classes is devoted to other elements of our curriculum including, Qi cultivation and circulation, partner exercises, and martial applications of Taiji form movements.

<sup>ii</sup> Robb Wagg's students, instruction will be limited to review of movements they have already learned from Robb.