

# Western Region Tai Chi Workshop

April 25-26, 2020



Seniors on the Bow Centre, 2<sup>nd</sup> Floor  
Spray Lake Sawmills Sports Centre  
(800 Griffin Rd E, Cochrane AB T4C 2B3)

## Workshop Highlights:

CTCA MEMBERS ONLY EVENT.

- Two days - Tai Chi Workshop
  - 9-9:30am Saturday: Sign-in
  - 9:30-5pm Saturday
  - Sat evening: Open practice
  - 9:30-4pm Sunday
- Instructor Breakout Sessions
  - 7:30-9pm Friday evening
    - Core Principles Review
  - 1:30-3:30pm Saturday
    - Movement Transitions/Q&A



**!PRE-REGISTRATION  
REQUIRED PLEASE!**

**Workshop Cost: \$75**

(One-Day Rate: \$50)

Lunch will be provided.

\* **Optional:**

Buffet Dinner (Sat): \$20

### How to Register:

1. Complete & email Registration form

OR

2. Email registration form details.

to: [register@taichicochrane.ca](mailto:register@taichicochrane.ca)



# Program Schedule & Information

	Saturday, September 28	Sunday, September 29
Registration	9 AM – 9:30 AM	
Morning Session 1	9:30 AM – 10:45 AM	9:30 AM – 10:45 AM
Morning Break	10:45 AM – 11:00 AM	10:45 AM – 11:00 AM
Morning Session 2	11:00 AM – 12 Noon	11:00 AM – 12 Noon
Lunch & Open Time	Noon – 1:30 PM	Noon – 1:30 PM
Afternoon Session 1 Instructor Breakout Session	1:30 PM – 3:30 PM	1:30 PM – 3:30 PM
Afternoon Break	3:30 PM– 3:45 PM	Closing Remarks
Afternoon Session 2	3:45 PM– 5:00 PM	
Dinner	5:30 PM – 7:00 PM	
Evening Session	7:00 PM – 9:00 PM	

## General Information:

- **This is a CTCA Members Only event.**
- Workshop will include content for all levels of tai chi.
- Please note: **We ask that you pre-register for this workshop.**  
**You can pre-register for the workshop 2 ways:**
  1. Print out, complete and sign the Workshop Registration and Waiver Form. Scan as a .pdf file or complete the .docx Word file. Email your completed form to: [register@taichicochrane.ca](mailto:register@taichicochrane.ca)  
OR
  2. Send an email to : [register@taichicochrane.ca](mailto:register@taichicochrane.ca)  
Subject Line: [Last Name) Western Region Workshop Registration  
Include your name, email address and phone # in the body of the email, confirming that you will attend and whether you will attend the dinner. Bring your completed Workshop Registration and Waiver Form to the workshop.
- **Lunch and morning/afternoon snacks are included** in the workshop price.
- **An optional buffet dinner will be served in the practice hall Saturday evening. Cost \$20.** Indicate any special dietary needs on your Workshop Registration form.
- Please check Internet hotel booking sites for best local hotel or airbnb accomodations.
- Please pay at the Registration Desk the morning of the workshop. Cash or cheque only.

## Got Questions?

Email enquiries to: [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)

Or Phone : (604) 836-2239