

T'ai Chi & Qigong

at

Cold Mountain Internal Arts

www.stevehiggins.ca

(a supporter of the Canadian Taijiquan Federation)



Classes at
Calvin Presbyterian Church,
248 Westmount Rd. E. (at Greenbrook Dr.) Kitchener.
and at
The Cedars Community Centre
543 Bechwood Dr. (near Fischer-Hallman and Erb W.) Waterloo

Phone 576-3206 (Kitchener)
or e-mail stevehiggins@rogers.com for details.

Tai Chi is a gentle **health regime** which has been scientifically proven to benefit a variety of conditions such as osteoporosis, osteoarthritis, shingles, imbalance, and stress. It is also **an effective self-defense system** and a classical method of **moving meditation**.

Qigong ("Chee Gong") is an **ancient meditative exercise**, which involves the regulation of posture, breathing and mind. It is also a branch of traditional Chinese medicine. In modern times specific Qigong routines have been developed in China to address conditions such as arthritis, diabetes, cancer and heart disease.

It can also be a **self-defense** system.

Cold Mountain Internal Arts

At CMIA we offer a variety of arts, exercises and meditations providing healthful exercise, spiritual training, artistic self-empowerment and practical self-defense skills.

While presenting a systematic approach to traditional Yang style Tai Chi, complete with Levels I and II certificate programs suitable for beginners and health care workers, we also offer a range of other Tai Chi styles including: Cold Mountain Long Fist, traditional Chen Family Tai Chi, and traditional Old Yang Family Middle Frame (Shen family transmission).

We allow each practitioner to develop according to their own vision and interests. Practices converge towards empowering our members toward realizing internal (psychic) changes through external (physical) adjustments & movement.

LOCATIONS

The Cedars: The Cedars Community Centre, 543 Beechwood Dr., Waterloo.

Calvin's: Calvin Presbyterian Church, 248 Westmount Rd., E., Kitchener, ON. (since 1996)

REGULAR CLASS TIMES

Mondays, 1:00pm to 3:00pm at the Cedars:

1:00 p.m. – 3:00 p.m. Qigong and Yang style T'ai Chi (16 and 108)

Mondays, 7:00pm to 9:00pm at Calvin's:

7:00 p.m. – 8:30 p.m. Elementary T'ai Chi Level I

7:00 p.m. - 9:00 p.m. Open practice in parallel

Tuesdays, 6:30pm to 9:30pm:

6:30 p.m. – 8:00 p.m. Elementary T'ai Chi Level I

6:30 p.m. – 8:00 p.m. Qigong, Yang Family Large-frame 16-movement short Form and Yang Family 108-movement Taijiquan

8:00 p.m. – 9:30 p.m. Taiji weapons (Fan, Sabre, Sword, Spear), Open practice

Thursdays, 6:30pm to 9:30pm:

6:30 p.m. – 7:15 p.m. Cold Mountain Long Fist and Cannon Fist

7:15 p.m. – 8:00 p.m. Spirit Bear practice, with focus on martial awareness

8:00 p.m. – 8:30 p.m. Shen Family Taijiquan Qigong

8:30 p.m. – 9:30 p.m. Yang Family Middle-Frame Taijiquan (Shen Family transmission)

Note that some students join Tuesday or Thursday classes for the first half only (6:30pm to 8pm), or for the second half only (8pm to 9:30pm), or both, depending on their schedule and focus of practice.

Fridays, 9:30pm to 11:30pm:

9:30am. – 11:30 am. Elementary T'ai Chi Level I

10:30am - 11:30am Rainbow Fan - SPECIAL, with Lisbeth

Sundays:

In addition there is a weekly Qigong session on Sunday afternoons from 4:00 – 5:00 p.m at the Calvin Church. The focus of these sessions will be on various Qigong sequences, including the Guo-lin Qigong.

Dues

Elementary T'ai Chi Level I, session of 8 classes:

\$125 single pre-paid (text included).

\$175 family.

General membership (text available, but not included):

- Single: \$60.00 monthly, \$150.00 for three months.
- Family: \$90.00 monthly, \$220.00 for three months.* (*Family rate applies to any number of additional family members.)
- Occasional drop-in, \$20.00

Note that regular membership provides the opportunity for 13 hours of class practice per week! You can join any of the Monday, Tuesday, Thursday, Friday (Balance only), and Sunday regular classes. Special classes such as Beginners' Fan and Sensing Hands have an additional fee to cover for rent.

Private lessons, \$70.00 per session.

Document preparation (eg. Insurance), \$50.00.

Please remember that it is our club policy to be flexible about dues. If you suffer from an interruption in employment or a financial problem, please speak to me about it.