

**T'ai Chi Chih Online**  
**Teacher Prep 6 Class Series**  
Tuesdays, June 8, 15, 22, 29 & July 13, 20  
3:00-6:00pm EST  
Online via Zoom  
Facilitated by April Leffler, Assistant Teacher Trainer

**This course is designed to** focus on and prepare those who plan on going on for Teacher Training/Accreditation or for serious students who may be thinking about going on to become a teacher one day and would like to know what is expected.

April has hosted Intensives, Teacher Training courses and other T'ai Chi Chih events for all three of the Teacher Trainers since 2010 and has a good understanding of what is covered and how best to prepare.

For those people going on for Accreditation who do not have a second teacher readily available, April will consider signing as the second teacher if the person attends each of the Teacher Prep classes and is moving in accord with the T'ai Chi Chih principles. Please note: Additional one on one sessions may be advised before signing.

Sessions will address each of the moves with particular attention to:

- Shifting the weight fully and with ease
- Flowing from the center, ensuring the beginning and ending of each move is done with synchronicity between the upper and lower body
- Awareness of allowing the hands to flow with the Tan T'ien
- Other aspects of the TCC principles.

Specific feedback will be provided on how folks are moving. Participants will work in groups to hone their own practice, to lead others as well as to develop an eye for and begin to spot the need for adjustments in others' T'ai Chi Chih moves. Additionally, Q &A will be offered to address specific concerns regarding Teacher Training.

Cost for the six class series is: \$150 with payment due by May 25  
Space is limited to 15 people. Please call, text or email April at: 610-809-7523 cell or [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

# REGISTRATION FORM

## T'ai Chi Chih<sup>®</sup>

### Teacher Prep Classes

**June 8, 15, 22, 29 & July 13, 20- 2021**

In Your Own Home  
Via Zoom

NAME \_\_\_\_\_

YOUR TEACHER'S NAME(s) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL (please print very clearly) \_\_\_\_\_

**Tuition is \$150** per person. Payment in full is due by May 25, 2021

Amount Submitted: \_\_\_\_\_ Check # \_\_\_\_\_ Venmo \_\_\_\_\_

I will be using a: PC \_\_\_\_\_ Mac \_\_\_\_\_ Tablet \_\_\_\_\_ iPad \_\_\_\_\_

My experience using Zoom is: None \_\_\_\_\_ Calls to Family & Friends \_\_\_\_\_

Meetings \_\_\_\_\_ Taking Classes \_\_\_\_\_ Teaching Classes \_\_\_\_\_

**Please fill out this registration form (keep a copy for yourself) and send it with your check payable to April:**

April Leffler  
702 Prospect Ave  
Prospect Park, PA 19076

**Questions? Call, text or email April: 610-809-7523 cell or [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)**