

T'ai Chi Chih Online

Teacher Prep 6 Class Series

Tuesdays, September 21, 28 & October 5, 12, 19, 26

3:00-6:00pm EST

Online via Zoom

Facilitated by April Leffler

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, allowing the hands to flow with the Tan T'ien and 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: \$180 with payment due by September 11

Space is limited to 16 people. Please call, text or email April at: 610-809-7523 cell or lirpaleff@rcn.com

REGISTRATION FORM

T'ai Chi Chih[®]

Teacher Prep Classes

Sept. 21, 28 & Oct. 5, 12, 19, 26- 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 \$180 per person. Payment in full is due by September 11, 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 Leffler:

April Leffler
702 Prospect Ave
Prospect Park, PA 19076

Questions? Call, text or email April: 610-809-7523 cell or lirpaleff@rcn.com