



Life Exercise'08

Tai Chi for balance and quality of life

4th Annual Workshop with Master

H. F. Ito

assisted by
Nicole Beauvois

August 9-10, 2008

The workshop focuses on Tai Chi and stretching exercises to improve health, strength, and fitness.

- Saturday morning:** Introductory warm-up stretches, breathing, and balance
- Saturday afternoon:** Advanced work on the Tai Chi technique of Parting the Wild Horse's Mane
- Sunday afternoon:** Basic Sotai partner exercises to relieve pain and improve movement

When:	Saturday August 9	9:00 AM – 5:00 PM	\$45 Sat morning	\$110 Sat morning + afternoon
	Sunday August 10	1:00 PM – 5:00 PM	\$110 Sat morning + Sun afternoon	
Where:	Whatcom Hills Waldorf School 941 Austin Street, Bellingham		\$160 Both days, all classes	
Sponsors:	Northwest Shintaido Exchange Bellingham Life Exercise		10% discount for early registration (by July 20) For more information, contact Lee Seaman 360-676-8543 or lee@lifeexercise.net	

Registration includes printed reference materials for all classes.

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REGISTRATION (please print)

Yes, sign me up for the Life Exercise workshop. I am enclosing payment.

(Circle one)

Saturday morning	\$45	Name: _____
Sat morning + Sat afternoon	\$110	Mailing Address: _____
Sat morning + Sun afternoon	\$110	Phone: _____ E-mail _____
Both days (all classes)	\$160	Total enclosed \$ _____

___ I am registering before July 20, and have deducted 10% from my payment.

Make checks payable to Life Exercise and mail to Lee Seaman, 336 36th St. #214, Bellingham WA 98225.
Prefer electronic payment by PayPal? Contact Lee for details (lee@lifeexercise.net).