

Tai Chi and Qigong Workshops

Seasonal Tai Chi and Qigong Workshops for 2008



Created by Grandmaster [Jiang Jianye](#) for the [Health Preservation Association](#) (HPA), this educational series of seasonal workshops focuses on methods and techniques for maintaining health and well-being, to help prevent illness and disability in healthy individuals, and to support persons with chronic illness or disability to regain and maintain maximum health and longevity. These programs focus on many ailments and target specific organs for better health and healing. While not a substitute for medical care, the workshops provide well-tested methods that have been helpful to those who have used them, for centuries.

These workshops are well suited for the beginner.

The **Health Preservation Association** (HPA) is an association of competent, highly qualified instructors. **Shifu King Lam** is proud to be a Certified Health Preservation Association instructor serving New Orleans, Louisiana.

HPA Seasonal Workshops for 2008

Spring Workshop: March 15-16, 2008

Featuring instruction on:

- Tai Chi for Heart, Lung & Intestines
- Qi Gong for Arthritis
- Principles of Tai Chi and Qi Gong

Summer Workshop: June 28-29, 2008

Featuring instruction on:

- Tai Chi for Liver, Kidneys, and Spleen
- Qi Gong for High Blood Pressure
- Principles of Tai Chi and Qi Gong

Autumn Workshop: Sep. 27-28, 2008

Featuring instruction on:

- Tai Chi for Neck and Back Pain
- Qi Gong for Healing

Winter Workshop: Dec. 13-14, 2008

Featuring instruction on:

- Tai Chi: Balance of Life
- Qi Gong for Diabetes

Fee for each 2-Day Workshop:

\$200 Early Bird registration, 2 months prior to workshop

\$260, 1 month prior to workshop

\$350, less than 1 month prior to workshop (no free bonuses)

Seniors (65 and over) Half Price

Bonuses for early registration include a free HPA t-shirt and lunch with the workshop
(You must register by at least one month prior to workshop to receive bonuses)

Workshop Time:

A typical day will be from 9am to 5pm with a 2 hour lunch beginning at Noon.

Workshop Location:

New Orleans classes will be held at 8132 Willow Street, Uptown.

(Dates, Schedule, Terms and Conditions subject to change)

To register for these workshops click on www.jiangtaichi.com/HPA_Website. You may also register by telephone at 518-459-6869 or by email to sales@jiangtaichi.com.

For information or assistance in registering for the New Orleans area workshops please contact Shifu King Lam at 504-866-2241 or email kinglam1131@yahoo.com.

Registration Form

HPA Tai Chi and Qi Gong Workshops

King Lam's Chen Tai Chi & Tamashii Karate Center
8132 Willow Street
New Orleans, LA 70118
504-866-2241
kinglam1131@yahoo.com

Name (Print) _____ Date: _____

Address: _____ State _____ Zip _____

Phone _____ Email _____

Seminar Date: March 15-16 June 28-29 Sept. 27 – 28 Dec 13-14

Tuition: \$200 "Early Bird" Registration, 2 months prior to workshop
\$260, 1 month prior to workshop
\$350, less than 1 month prior to workshop. (No free bonuses)
Seniors (65 and over) Half Price.

Release of Liability and Waiver

Name (Print) _____ Date: _____

Please read and sign below

Release: Student/Seminar participant (now called student) acknowledges the existence of Certain risks inherent in any health, martial arts or self defense training and hereby agrees and assumes all risks of injury and loss to student. Student agrees to hold harmless and releases the property owner, instructors, staff, and management, and his or her fellow students from any liability for damages resulting from any loss due to theft or injury to the student's person or property. Student also agrees that as a student or parent, any pictures that are taken during the seminar event may be used by Chen Tai Chi and Tamashii Karate Center for the purposes of promoting the school including but not limited to brochures, flyers and websites.

By my signature below, I affirm that I have read, understood and agree to the above terms and conditions.

Signature: _____ Date: _____