



T'AI CHI CHIH

REGISTRATION FORM



Where: Bauer Community Center at Taylor Park, Millburn

Dates: Thursdays - January 24, 31
February 7, 14, 21, 28
March 7, 14, 21, 28

Time: 10:30 am - 11:30 am

Fee: \$45 for 10 sessions

T'ai Chi Chih brings about profound healing for many people by circulating and balancing the essential inner energy (Chi). Known to its practitioners as "the effort of no effort," T'ai Chi Chih differs from the recognized tai chi styles as it is not a martial art; however, it is based on similar principles. There are stand alone gentle flowing movements performed in repetition which differs from the flow of the traditional forms. It is a series of 19 movements and one pose that together make up a meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits.

COMPLETE TAI CHI CHIH PARTICIPANT RELEASE FORM ON THE NEXT PAGE AND RETURN WITH YOUR CHECK.

MAKE CHECK PAYABLE TO "MILLBURN TOWNSHIP."

Return to the Senior Citizen Coordinator's Office at Millburn Town Hall, or send to:

**Senior Citizen Coordinator
Millburn Town Hall
375 Millburn Ave.
Millburn, NJ 07041**

For additional information, please contact the Senior Citizen Coordinator's office at 973-564-7091 or jhawkins@millburntwp.org.



T'AI CHI CHIH RELEASE FORM

The Tai Chi Chih instruction offered by LINDA SERCARZ are not medical advice, diagnosis, therapy or treatment of any medical, mental physical or spiritual problems or conditions and are not guaranteed to cure any problems or conditions related to specified conditions.

It is my responsibility to decide whether I should consult a physician prior to participating in the class. If I decide not to get a physician's approval, I then represent that I am physically fit and have no medical or mental condition that would prevent my participation in classes or instruction.

I understand that Tai Chi Chih includes physical movements. As is the case with any physical activity, the risk of injury, is always present and cannot be entirely eliminated. I assume the risk of participation in those activities.

I hereby agree that the instructor LINDA SERCARZ and the Township of Millburn shall not be liable for any injury or loss of any kind related to the participation in the Tai Chi Chih classes nor shall the facility where the class takes place be liable for any such injury or loss.

I assume all responsibility for any loss, injury or illness that may result from my participation in the Tai Chi Chih class. I agree to release any and all claims arising there from.

I have read the above waiver and fully understand its contents. I voluntarily agree to all the terms and conditions stated above.

Signature

_____/_____/_____
Date

Print Full Name

Address including zip code

Main phone number

Email address

Emergency Contact Name

Emergency Contact Phone#