

## Online Tai Chi September - 2025

### Tai Chi Syllabus: September – November 2025

Class Format (the format will vary but will include some or all of the following each week)

- Warmups
- Qi Gong movements
- Rotating Practice – Yang 24, and SUN 73
- Tai Chi for Energy (TCE)
- Tai Chi for Rehabilitation (TCR)
- Qi Gong movements
- Cooldowns

#### **“NEW”**

During this session we will be revisiting and refining 4 of the forms that appear in both the Yang 24 and the SUN 73. We will delve into how they are the same between the SUN style and the Yang style and also how they differ. The 4 forms are:

1. **White Crane Spreads Its Wings**
2. **Play the Lute**
3. **Repulse the Monkey**
4. **Fair Lady Works the Shuttles**

As always it will challenge your mind, body, and spirit in unique and different ways.

**All classes for the 8 weeks are online via ZOOM.**

**Session Length:** 8 weeks

**Day and Time:** Wednesdays from 9:30 – 10:30 am

**Cost:** \$70.00 for the 8- week session. (\$10/class plus one class extra for make-up if you miss one or a free one for perfect consistency).

Send checks made out to Helen McCarthy to:

PO Box 135  
Alplaus, NY 12008

#### **The Schedule**

<b>9/17</b>	<b>9/24</b>	<b>10/1</b>	<b>10/8</b>	<b>10/15</b>	<b>10/22</b>	<b>10/29</b>	<b>11/5</b>
<b>Class 1</b>	<b>Class 2</b>	<b>Class 3</b>	<b>Class 4</b>	<b>Class 5</b>	<b>Class 6</b>	<b>Class 7</b>	<b>Class 8</b>