

# Tai Chi & Qi Gong Instruction with Amanda Degener

Dates: Wednesday Jan 30-March 27 2019 (no class March 6) 6:00-7:00pm

Place: Northeast Middle School 2955 Hayes St. NE

Park in the back of the building and enter through the parking lot door 7

Cost: \$60 for 8 classes

Offered Through: Minneapolis Community Education (Minneapolis Public Schools)

Tai Chi and Qi Gong are simple traditional Chinese practices that use your inner strength or "Qi" to feel better. These simple healthy movements will improve blood circulation, balance, and the empowerment of your own self-care. This instruction is designed for people of all ages, and diverse physical abilities. Tai Chi is like a gentle river. like one long flow. Qi Gong is often described as being more like clouds made up of individual movements. After a Qi Gong warm up we will study the mainland China Yang Family short form. See for yourself how playing can help with equilibrium, aches and pains, and overall health. No special clothes or mats are needed, you can do this anywhere, anytime.

Amanda Degener was an assistant teacher at Natural Step School for 5 years where learned the Yang family form as played in Taiwan. She is half-way through a masters in Chinese Medicine at The American Academy of Acupuncture and Oriental Medicine (AAAOM) where she works with Dr. Xinrong He. Amanda has 25 years of teaching experience and now teaches the Yang family form as played in mainland China. Amanda is also a successful artist and hand papermaker with a studio called Cave Paper Editions.

Registration will be open starting January 6, 2019. Please do not send cash. You can call it in, go on line, or mail it in.

Mail in a check, money order, or credit card info payable to Special School District #1  
Minneapolis Community Education  
Northeast Middle School  
2955 Hayes St. NE  
Minneapolis, MN 55418

-----cut here to mail in-----

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Class Location: Northeast Middle School Class Fee: \$60

Your Name \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Payment Card Type:  Visa  MasterCard Amount to be charged: \$\_\_\_\_\_ Name of Cardholder: \_\_\_\_\_  
Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Card

Any questions about the class contact Amanda [cavepaper@gmail.com](mailto:cavepaper@gmail.com) or call 612-998-8075  
Any questions about registration contact Jane by phone: 612.668-1515 or fax: 612.668.1510  
It is possible class could be closed due to inclement weather. Call your coordinator or check the MPS website at [mpls.k12.mn.us](http://mpls.k12.mn.us) if you have questions about closings.