

Osher Lifelong Learning Institute at Saginaw Valley State University

TAI CHI/QIGONG FESTIVAL

Saturday, February 29,
2020

From 9:15 a.m. til 3:30 p.m. at
Saginaw Valley State University
Curtiss Hall Banquet Rooms
7400 Bay Road
University Center, Michigan

Entry
\$30*

This gentle form of exercise can help maintain strength, flexibility, and balance. It could be the perfect activity for the rest of your life. Tai Chi is often described as “meditation in motion.” Transform your quality of life as millions of Chinese have. “The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today’s busy lifestyles and improves health,” according to the Mayo Clinic, per the Harvard Medical School.

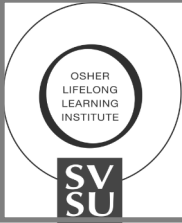
This event will be hosted by SVSU/OLLI’s Tai Chi teacher and founding member of Cloud Hands Michigan, Jim Bush. Students and teachers from around the state will explore the latest developments and techniques. The sessions focus on interesting aspects of these Arts, led by outstanding instructors from around Michigan.

Sessions will be relaxed and suitable for beginners as well as more advanced practitioners. There will be sufficient breaks, with lunch included in the cost. Wear comfortable clothing for movement. Please note that swords or weapons are not allowed per SVSU University policy.

REGISTRATION FORM ON REVERSE

svsu.edu/olli





Tai Chi/QiGong Festival

REGISTRATION

Details:

Date: Saturday, February 29, 2020 **Location:** Saginaw Valley State University
 Curtiss Hall Banquet Rooms

Time: 9:15am-3:30pm **Cost:** *\$30 (Includes lunch) until Feb. 21
Registration begins at 8:45am \$45 (Includes lunch) after Feb. 21

Registration Information:

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Method of Payment: Check Enclosed (Payable to SVSU)
 Visa MasterCard American Express Discover Card

Account Number: _____

Name on Account: _____ **Exp. Date:** _____

Please mail registration to: *SVSU OLLI*
 (Must be Received by 2/21/20) *Curtiss Hall Suite 111*
 7400 Bay Road
 University Center, MI 48710

Or register online at: *svsu.edu/olli*

Or call our office: *989.964.4475*

OLLI Cancellation Policy:

There is a \$10 cancellation fee per registration. The remainder of the registration fee will be refunded or remain as a credit on your account. Cancellation must take place by the early registration deadline or no refund will be given.