

Madison Daoguan
801 Emerson Street
Madison, WI 53715

Daoguan Mailing Address



4. TAIJI WEAPONS

- **Yangjia Michuan Taiji Shan (Fan)**
A graceful & beautiful fan set. New students welcome. Permission of instructor to join.
Mon 5:00 to 6:00 p.m., Kathryn Coleman
- **Taiji Staff Warm Ups**
Open to those who have completed YMT Duan One.
Wed 6:00 to 7:30 a.m., Don Coleman
- **Yangjia Michuan Taiji Pole**
Open to those new to pole welcome as well as those looking for a review.
Wed 6:00 to 7:00 p.m., James Sauer
- **Yangjia Michuan Sword Cuts & Wu Dang Sword**
Open to those who want to learn and/or review basic sword cuts and a sword form.
Friday 5:30 to 6:30 p.m., Son Nguyen

5. SPECIAL CLASSES

- **Gentle Movement/Tai-Chi Fundamentals**
Range of Motion Dance...Stretches...Tai-Chi Chuan
Gentle series of movements to increase strength, flexibility and balance. Stretches are based in tai-chi and yoga. Fundamental Tai-Chi Chuan movement.
Tues 9:30 to 11:15 am; Contact Sarah Watts for info & payment; 608-233-4108 or 244-9424.

6. WORKSHOPS/EVENTS

- **Cane Review Intensive**
Saturday April 7 from 1:00 to 3:00 p.m.
Kathryn Coleman - Cost \$15
- **Lazy Sunday Afternoon Acupressure**
A mellow afternoon spent relaxing and re-energizing with self-acupressure and Qi Gong. Learn techniques for health and vitality which you can use on yourself and others. Sign up for the series, or drop-in whatever classes look good. *2:00 to 4:00 p.m., Chris Hayden*
Cost: \$35 for series or \$10 each (drop in rate)

1/29/12 Ward Off the Winter Blues:
Emotional Balancing for Health

2/05/12 Roll Back the Clock:
Getting Rid of Pesky Aches and Pains

2/12/12 Withdraw from Stress: Breath & Relaxation

2/19/12 Push Into Spring: Building Vitality & Energy

DAOGUAN

is a Place of Study or School.

The spirit of Madison Daoguan is cooperative, rather than competitive in nature. We encourage students to go at their own pace in connection with the needs of their own bodies. The Daoguan is a place to slow down, relax, and not be rushed. Peace of mind and wellness is present in all aspects of teaching. Classes are offered for those new to taijiquan (t'ai chi), as well as seasoned practitioners. We invite you to study with us.

Don & Kathryn Coleman

INSTRUCTORS:

Bios & more info on website:
www.madisondaoguan.com

Don Coleman & Kathryn Coleman (*Co-Owners*)
Sue Berthouex, Bob Constantine, Sarah Nguyen,
Son Nguyen, Terri Pellitteri, James Sauer

Madison Daoguan, LLC

2929 Atwood Ave, Suite 100, Madison, WI

Contact: (608) 251-4726
taijicoleman@yahoo.com

Website: www.madisondaoguan.org

WORKSHOPS/EVENTS (Continued)

- **Workshop with Flint Sparks**
"Loving Presence: Applied Mindfulness in Healing Relationships."
Thursday March 8 (eve) through Saturday March 10
Holy Wisdom Monastery, Middleton WI
See website for more details.
www.madisondaoguan.org
- **World Taiji Day**
Saturday April 28. Practice in the park 8 to 10 a.m.
No classes that day.
See website as we get closer to date for more details.



2929 Atwood Ave, Suite 100, Madison, WI

Winter Semester
1/7/12 - 4/27/12

NO CLASSES: Spring Break March 5 thru 11 & April 8
YMT: YANGJIA MICHUAN TAIJIQUAN TRADITION
TAIJI: ANOTHER WAY TO WRITE T'AI CHI

1. MEDITATION

All meditations are drop in with donation encouraged.

• New Years Day 8:00 a.m. Meditation

Join Don & Kathryn Coleman as we enter the New Year. Meditation, followed by Daoist Stretching.

• Morning Meditation: General Public Invited

Stop by the daoguan to sit in meditation (Neigong), followed by Daoist stretching.

Mon & Thurs - 6:15 to 7:15 a.m., Don Coleman

Saturday 10 a.m. to noon, Kathryn Coleman

(includes walking meditation)

• Zen Based Meditation & Contemplative Inquiry

Contact Suzanne Kilkus at 239-9122

or check info at www.madisondaoguan.org

Evenings; 2nd Sun (5:00 pm) & 4th Thurs (7:30 pm) of month.

2. TAIJI FORMS

All YMT forms classes include meditation (Neigong).

• YMT Thirteen Postures

For those NEW to t'ai chi or to the YMT tradition. Class teaches breathing coordinated with movement to enhance inner energy & peace of mind.

Wed 7:00 to 8:30 p.m., Bob Constanine

For those CONTINUING with YMT Thirteen Postures.

Mon 6:10 to 7:30 p.m., K. Coleman & Sue Berthouex

• YMT 127 Posture Form

Once we learn 'Thirteen Postures' we move into the longer form which has three Duans (sections.)

– YMT Duan One (end) & Duan Two (start)

Tues 5:30 to 7:00 p.m., Don Coleman

Sat 8:15 to 9:45 a.m., Terri Pellitteri

– YMT Duan Two (end) & Duan Three (start)

Tues 6:30 to 8:00 p.m., Don Coleman.

– YMT Duan Three

Thurs 5:30 to 7:30 p.m., Terri Pellitteri

(This is a combined class of different Duan Three levels. Those new to Duan Three will end instruction at 6:50 p.m. and can stay to practice on own.)

Starts one week early -- Thursday January 5th.

In addition to Spring Break, No class March 1st.

• YMT Low Posture Form - Duans 1, 2, 3

Neigong, stretching, basic exercises & forms (Duans 1, 2, 3, instruction regarding low postures). Open to those who have completed at least Duan Two & want to learn how to integrate low postures into the form.

Tues 6:00 to 7:30 a.m., Don Coleman

• YMT Sunday Tranquility Practice

Neigong, stretching, basic exercises & forms practice (Thirteen Postures, Duans 1, 2, 3, without instruction) Open to those who have completed Thirteen Postures. Practice as far as you know.

Sun 7:45 to 10:00 a.m., Don & Kathryn Coleman

• BaGua QiGong For Health & Longevity

A moving qigong, form/postures often in a circular fashion. Beginners, Not open to new students.

Fri 5:30 to 7:00 a.m., James Sauer

3. TUISHOU

• Yangjia Michuan Tuishou (Push Hands)

To participate in this tuishou class, one must also be registered in other YMT forms classes and have permission of instructor.

Sat 6:00 to 8:00 a.m., Don Coleman

4. TAIJI WEAPONS

5. SPECIAL CLASSES

6. WORKSHOPS/EVENTS

See Other Side

ENROLLMENT

Students can enroll for a one full class per semester \$175, or semester membership \$345 which also allows students to enroll in up to 4 classes per semester. Add 1 class to semester membership for \$65.

Send this section (along with fee payable to Madison Daoguan) to: **Madison Daoguan LLC, 801 Emerson Street, Madison, WI 53715**

by January 3, 2012

Late registrations will be accepted if space allows.

For Questions: Kathryn Coleman

(608)251-4726...email...taijicoleman@yahoo.com

Madison Daoguan is a Member of Dane Co Time Bank

Name _____

Address _____

_____ Zip _____

Ph(s) _____

Email _____

I want to enroll in one full semester class _____ \$175

I want a semester membership _____ \$345

Classes enrolled for (up to 4 with semester membership)

1. _____

2. _____

3. _____

4. _____

Add One Class to my semester membership _____ \$345 + \$65

5. _____

Total enclosed \$ _____

Confirmations & directions will be sent to new students only.