

# SUMMER SCHEDULE



## MADISON DAOGUAN [YEN-NIEN]

JULY/AUGUST 2010

Located at 2929 Atwood Avenue, Suite 100, Madison, WI  
(608) 251-4726; email [taijicoleman@yahoo.com];  
www.madisondaoguan.org

### YANGJIA MICHUAN TAIJIQUAN TRADITION:

#### YMT INTRODUCTORY CLASSES

*Cost: each class \$10 unless noted otherwise*

- **July 19** Mon; 5:00 - 6:00 pm  
**Intro to Taiji Cane**; Kathryn Coleman
- **July 19** Mon; 6:00 - 7:00 pm  
**Intro to Tuishou (Push Hands)**; K. Coleman & Sue Berthouex
- **July 21 & July 28** Wed; 5:30 - 6:30 pm  
**Intro to Sword Cuts**; Son Nguyen
- **Aug 4** Wed; 7:00-8:00 pm  
**Intro to Pole**; James Sauer
- **Aug 19** Thurs; 5:30 -6:30 pm  
**Intro to Taiji**; Terri Pellitteri

#### YMT INTENSIVE - July 31 Sat; 1:00 to 3:30 pm

*Open to New Students; \$15*

**Taiji Fan**; Kathryn Coleman

#### YMT REVIEW CLASSES

*Cost: each class \$10 unless noted otherwise*

#### Drop in Forms Practice

- **July 13 & 20** Tues Morning; 6:30 to 7:30 am
- **July 22** Thurs Eve; 6:30 - 7:30 pm  
Terri Pellitteri; \$5 Donation to Daoguan
- **July 22** Thurs; 5:30 to 6:30 pm  
**Wudang Sword Review**; Son Nguyen
- **July 26** Mon; 5:00 - 6:00 pm  
**Taiji Cane Review**; Kathryn Coleman
- **Aug 5** Thurs; 6:00 - 7:15 pm  
**Pole Review**; James Sauer
- **Aug 6** Fri; 6:00 - 7:30 am  
**Application Review**; James Sauer
- **Aug 24 Tues; Duan 1 Review** 5:30-6:30 pm  
**Duan 2 Review** 6:30-7:30pm; Don Coleman

#### Drop in Forms Practice

- **Aug 17 & Aug 24** Tues Morning; 6:30 -7:30 am
- **Aug 19** Thurs Eve; 6:30 - 7:30 pm  
Terri Pellitteri; \$5 Donation to Daoguan

- **Aug 21 & Aug 28** Sat; 8:00 - 10:00 am

**Practice in the Park (See other side)**; Don Coleman  
*No cost to Daoguan students, donation from others*

- **Aug 31 Tues; 13 Postures Review** 5:30 - 6:30 pm  
**Duan 3 Review**; 6:30 - 7:30 pm Don Coleman

#### OTHER TRADITIONS

*Cost: each class \$10 unless noted otherwise*

- **Aug 4** Wed; 5:30 - 7:00 pm; **Bagua Review**; James Sauer
- **Aug 11** Wed; 5:30 - 6:30 pm; **Intro to Bagua**; James Sauer

#### SEE OTHER SIDE FOR:

**Feldenkrais® Awareness Through Movement®**  
with Applications to Fundamental Taiji Movements

#### ENROLLMENT

Send this section (with fee made out to Madison Daoguan) to:  
**Madison Daoguan, 801 Emerson Street, Madison, WI 53715**  
Please try to register by July 12  
Also OK to drop in and pay at the class.

Questions – call Kathryn Coleman at 251-4726 or email at:  
taijicoleman@yahoo.com

*For Info about Daoguan & teachers, go to:*  
[www.madisondaoguan.org](http://www.madisondaoguan.org)

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

Ph \_\_\_\_\_ email \_\_\_\_\_

Classes

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**Total enclosed \$** \_\_\_\_\_

*Confirmations and directions will be sent to new students only.*

*Fall Semester Starts September 7, 2010*  
*Member of Dane County Time Bank*

• **Feldenkrais® Awareness Through Movement®**  
**With Application to Fundamental Taiji Movements**

A series of lessons intended for Taiji practitioners and students at any level. Learn to relax and move with greater efficiency, effectiveness, fluidity, and comfort. Improve coordination, flexibility, and balance. Develop awareness. Apply your newly learned abilities to your Taiji practice, your daily life, and all your movements. Please bring padding to lay on.

**Tuesday 5:30 to 7:30 pm**

\$15 per class Take any or all classes:

**July 27 Learn to Breathe Deeply**

**Aug 3 Sitting Comfortably, Sitting Well - Finding Your Internal Support**

**Aug 10 Flexible Hip Joints, Flexible Spine**

**Aug 17 Spiraling Through the Body from Foot to Hand**

**Instructors:**

Sandy River, 23 year Guild Certified Feldenkrais Practitioner  
Son Nguyen and Sarah Nguyen, Madison Daoguan Teachers

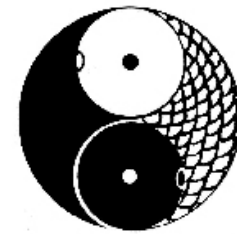
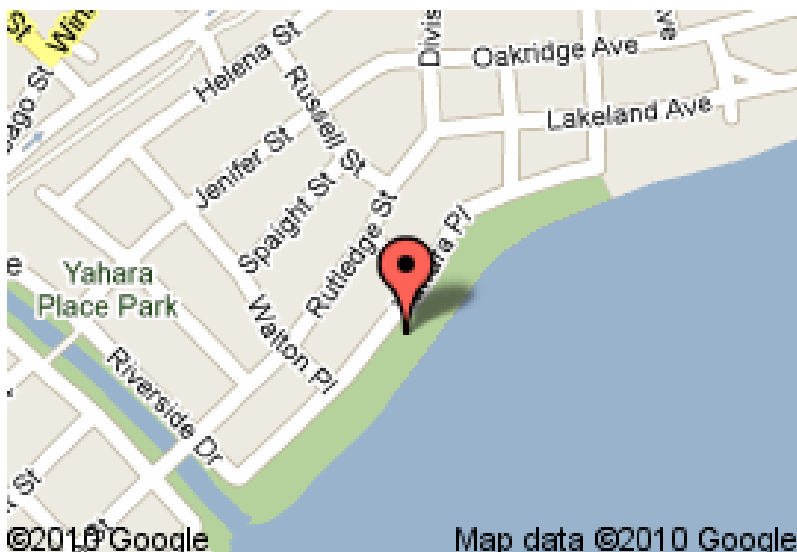
For more information, see [www.madisondaoguan.org](http://www.madisondaoguan.org)

• **Practice in the Park**

**Saturdays, Aug 21 & 28; 8:00 to 10:00 a.m.**

**Yahara Park**

Winnebago St to Riverside St (South)...to end Yahara Place.  
At end is Yahara Place Park. Meet by Foo Dog Statue.



**DAOGUAN**

A place of study or school.

The spirit of the 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/wellness is present in all aspects of teaching. Classes are offered for those new to taijiquan, as well as seasoned practitioners.

**Website: [www.yndm.org](http://www.yndm.org)**