



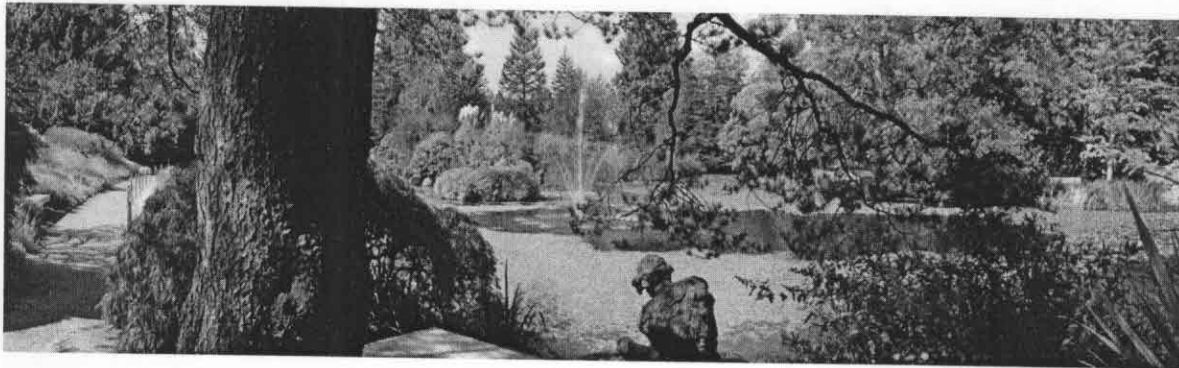
## *CTCA Vancouver - West Coast Workshop*

September 23-24, 2023 in Vancouver

Saturday 9:30 AM – 3:30 PM

Sunday 9:00 – 3:30 PM

### ***2 Days, a wonderful park setting!***



Van Dusen Gardens

5251 Oak Street, Vancouver

Master Moy's original method combines internal elements found within various forms and exercises such as Tai Chi, Lok Hup, Bagua, Hsing-I and meditation.

- Our live sessions will focus on using the 5 Animal forms and other practice techniques to guide and develop your internal practice of Tai Chi and associated arts.
- Associated stretching exercises that supplement your practice will also be reviewed and highlighted. *Bring a mat if possible.*

Complete the registration form and submit before September 9<sup>th</sup>.

Questions? Contact us at: [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)

**VanDusen Botanical Garden** is a 55-acre oasis in the heart of **Vancouver** with over 7,500 plant species and varieties from around the world!



# CTCA - West Coast Workshop

## Workshop Registration Form

Van Dusen Gardens, 5251 Oak Street, Vancouver, B.C.

September 23 - 24, 2023

Saturday 9:30 - 3:30 pm. Sunday 9:00 - 3:30 pm.

Name: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Phone: \_\_\_\_\_

I am a CTCA member:  Yes CTCA location: \_\_\_\_\_

I will be attending:  Both days - \$85  Saturday only - \$50  Sunday only - \$50

Dietary restrictions (lunches and snacks provided):

\_\_\_\_\_  
\_\_\_\_\_

Medical concerns (if any):

\_\_\_\_\_  
\_\_\_\_\_

1. **Register by email.** Complete this form and email to: [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)  
Payment may be made by e-transfer to [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)  
*Please type your name, and September 2023 workshop, in the e-transfer message box.*

2. **Register by mail.** Print and complete this form and make cheque payable to Canadian Tai Chi Academy (Vancouver).

Mail to: CTCA Vancouver, 2410 Swinburne Ave., North Vancouver BC V7H 1L2.

**Please submit registration forms and payment by September 9, 2023.**

### Voluntary Release and Waiver

I, \_\_\_\_\_ (print name), in consideration of my participation in activities of the Canadian Tai Chi Academy, hereby assume all risks for such involvement, for myself, my spouse, heirs, legal representation and assigns. I release and discharge the Canadian Tai Chi Academy, its affiliates, agents, officers, and employees, from all liability, claims, demands, actions, and causes of action whatsoever, whether known, or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity.

I enter into the voluntary release and waiver willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy from any liability arising from instruction, or use of facilities and equipment, while engaging in the Academy's activities.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_