

Tai Chi Classes

Mon	Tues	Wed	Thurs	Fri	Sat
Porter / Harvard Gulch 8:30 am Skilled 9:15 am Intro Malley 8:30 am Skilled 9:15 am Intro	Park Hill / Forest Parkway 7:45 am Intro 8:30 am Skilled	Porter/ Harvard Gulch 8:30 am Skilled 9:15 am Intro	Park Hill / Forest Parkway 7:45 am Intro 8:30 am Skilled	Aurora 8:30 am Skilled 9:15 am Intro	Park Hill / Forest Parkway 8:00 - 9:30 am Intro - Skilled Wheat Ridge 10:00 - 11:00 am Intro - Skilled
Highland 3:30 - 4:30 pm Intro - Skilled Wheat Ridge 4:45 - 5:45 pm Intro - Skilled	Barefoot Doctor Workshops 6:30 - 8:30 pm 1529 York Street \$69 per 3 weeks	Park Hill / Forest Parkway 5:30 - 7:00 pm Intro - Skilled	Class Locations - Call for more details Park Hill Park Hill U.M. Church Glencoe & Montview Porter 7th Day Adventist Church E. Yale & S. Downing Aurora Active Adult Center 30 Del Mar Circle & 6th Ave Highland Rec Ctr. W. 29th & Osceola Malley Center Lincoln St., Englewood Wheat Ridge Active Adult Center 6363 W. 35th Ave		

REGISTRATION FORM

Name _____ DOB ____/____/____

Address _____ City _____ Zip _____

Phone(s) _____

E- Mail _____

Assumption of Risk

Healthy lifestyle recommendations and exercises in these programs are not intended to be a substitute for medical advice. Please consult your physician before beginning any exercise program or therapy. TCM College of Sports Medicine, associated staff, affiliates, and sponsors cannot be held responsible for accidents, injuries or illnesses that occur as a result of our programs. By signing below, I understand and acknowledge that any and all expenses incurred from accidents or injuries are my sole responsibility.

Signed _____ Date _____

12-Week Sessions Fall, Winter, Spring, Summer

Initial Registration Fee = \$25 1 Class / week = \$90 Unlimited Classes \$150 Total Pd _____



Location 1529 York St., Denver

- Acupuncture
- Herbal Medicine
- Tui Na Massage
- Medical Qi Gong
- Moxabustion
- Cupping

“Barefoot Doctors” Certificate Program

Learn to take care of your health through the ancient healing secrets of Traditional Chinese Medicine.

- **Joseph Brady** M.S.T.C.M., L. Ac., Dipl. O.M.
Member Oxford Roundtable, Oxford University.
- **Jacqui Shumway** M.A. Therapeutic Exercise
Member Oxford Roundtable, Oxford University.

Curriculum Topics

The course curriculum is designed to follow the “Yang Shen” or “nurturing life” practices, dating to 147 B.C.

Using Chinese medical principles to strengthen the body, promote health and cultivate the spirit, traditional Yang Shen practice encompasses the following.

- Tai Chi Chuan and physical activity
- Medical Qi Gong
- Healing Hands Gung Fu
- Diet and Tonic Herbalism
- Meditation
- Healing Love, Taoist Yoga
- Nature’s Therapy

Traditional Chinese Medicine and Acupuncture are useful for...

The National Institutes of Health (NIH) and the World Health Organization (WHO) have both recognized that Acupuncture can be effective in the treatment of a variety of medical problems, including:

- Pain (all kinds)
- Low Back Pain
- Headaches
- Arthritis
- Quit Smoking & Drugs
- Depression
- Sports Injuries
- Menopause
- Allergies
- Fertility/Impotence
- Fibromyalgia
- Gastrointestinal
- (IBS)

To

- **Schedule an Appointment**
- **Sign up for Classes**
- **Book a Seminar**

Call 303.744.7676

“There is sufficient evidence of acupuncture’s value to expand it’s use into conventional medicine” - NIH

Oxford Study - We are conducting a follow-up study for the Oxford Roundtable at Oxford University in England. This study is researching the role of Traditional Chinese Medicine in encouraging healthy lifestyles.