



TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

Fall Online Intensive : Generating Qi Energy Through Movement & Meditation

Roots & Branches 5 Element Qigong™

Sept. 12 - EARTH Element
(2 hours)

Oct. 24 - METAL Element
(2 hours)

9am - 11am : US West Coast / PDT

12 - 2pm : US East Coast / EDT

5 - 7pm : UK / BST

6 - 8pm : Europe / CEST

The Eight Ways of Tai Chi Chuan™

Oct. 3 - 4 Weekend
(3 hours each day over 2 days)

9am - 12pm : US West Coast / PDT

12 - 3pm : US East Coast / EDT

5 - 7pm : UK / BST

6 - 8pm : Europe / CEST

Cost

New Full Price: **\$170**

New TCF Member price: **\$125**

*SOI Full price: **\$130**

*SOI TCF Member price: **\$105**

*(Attended SOI)

Register [HERE](#)

Fall Online Intensive

Sept. 12, Oct. 3-4, Oct. 24



Following the success of our Summer Online Intensive (SOI), we are offering a Fall Online Intensive program. This time, instead of 4 consecutive days, the sessions will be spread out over the dates listed on the left.

[Read participant testimonials here.](#)

The SOI covered four of the **Eight Ways of Tai Chi Chuan™**, and three (Water, Wood, Fire) of the five elements that make up **Roots and Branches 5 Element Qigong™**. The Fall Online Intensive (FOI) sessions complete these two programs.

If you didn't participate in the Summer (SOI) program you can still sign up for the Fall Online Intensive (FOI).

FAQ

Q: How do I register?

A: There is a button at the bottom left of the previous page of this flyer. Or click on the website link below to go to our FOI web page.

Q: How can I get the special TCF Member price?

A: You can become a member when you register. New members can join for only \$60/yr.

[Learn more ...](#)

Q: What if I can't make it to the whole of a class session?

A: The classes will be recorded and made available so you can watch them later. We prefer you to join live whenever possible!

Q: Can I invite friends and family to join the FOI?

A: Yes! New people can join the FOI even if they didn't do the SOI. We have packaged the first four of the Eight Ways of Tai Chi Chuan on a platform called 'Teachable' so they are easy to access and learn for anyone new to this work.

Q: Will you cover the Water, Wood & Fire elements again?

A: We hope to offer the Roots & Branches Qigong work for these three Elements during their respective seasons (Water/Winter, Wood/Spring, Fire/Summer).

Useful Links:

[Watch the SOI slideshow](#)

[Read testimonials](#)

[Ask Steve a question](#)

[FOI web page](#)

Anna T and others have been working hard to package the SOI recordings of the first four of the Eight Ways into bite-sized classes that are easy to follow, and fun to learn or to review the moves.

The FOI price for new participants includes access to the first four of the Eight Ways on 'Teachable'. Those of you who took and paid for the SOI will get access to the first four of the Eight Ways on 'Teachable' for free.

Everyone who registers for the FOI will be emailed a website link and password. On this page we will post the link to the Teachable classes, the FOI schedule and links to the class sessions on Zoom.

About the FOI Program & Class Schedule

The Elements correspond to specific seasons, so classes have been scheduled to take place during the seasons for the two elements that will be covered.

Earth Element (Late Summer): **September 12**

Metal Element (Fall): **October 24**

Each of these two classes will be for two hours.

The remaining four of the **Eight Ways of Tai Chi Chuan** will be taught over the weekend of **October 3 - 4** (2 days).

Each day we will work for 3 hours, including breaks.

Cost

Non-SOI / new participants:

Full price: **\$170**

TCF members: **\$125**

SOI participants:

Full price: **\$130**

TCF members: **\$105**

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