



# CTCA Vancouver - West Coast Workshop

Van Dusen Gardens, 5251 Oak Street, Vancouver

September 28-29, 2019

## Workshop Registration/Waiver Form

(Please Print Clearly)

Name: \_\_\_\_\_  
(First) (Last)

Email: \_\_\_\_\_

Primary Phone for Contact: ( ) - \_\_\_\_\_ - \_\_\_\_\_

I am a CTCA member:  YES CTCA club location: \_\_\_\_\_  Non-Member - \$125

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

Dinner Reservation Saturday Evening:  YES -\$20  NO

(Please detail if you have special dietary needs): \_\_\_\_\_

### Voluntary Release and Waiver

In consideration for me being permitted by the Canadian Tai Chi Academy to participate in Tai Chi, I \_\_\_\_\_ (print name), for myself, my spouse, heirs, legal representatives and assigns, hereby assume all risks for such involvement, and 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 this VOLUNTARY RELEASE & WAIVER willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the Canadian Tai Chi Academy's facilities and equipment or engaging in the Academy's Tai Chi activities.

Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Legal Guardian Required if Student is Less Than 18 Years of Age

**CHECK LIST:**  
(Office Use)

Workshop:  Both Days = \$85  1 Day = \$50  Saturday Dinner = \$20  
PAID \$ \_\_\_\_\_  Cash /  Cheque

Please make cheque payable to : **Canadian Tai Chi Academy**



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## Program Schedule

	Saturday, September 28	Sunday, September 29
Registration	8:30 AM – 9:30 AM	9:00 AM Garden is Open*
Morning Workout / Instruction Session	9:30 AM - Noon	9:30 AM - Noon
Lunch & Open Time	Noon – 1:30 PM	Noon – 1:00 PM
Garden Walk (Sunday only) -optional		1:00 PM – 1:30 PM
Afternoon Workout / Instruction Session	1:30 – 5:00 PM	1:30 PM – 3:30 PM
Dinner	5:30 PM – 7:00 PM	
Evening Session	7:00 PM – 9:00 PM	

### Program Information

#### General Information:

- Workshop will have content for all levels of tai chi. Recent Continuing students welcome.
- Bring a yoga or exercise mat if possible as we will do limited floor exercises and seated meditation.
- **Lunch and morning/afternoon snacks are included** in the workshop price. Break times TBD.
- **A Chinese buffet dinner will be served in the practice hall Saturday night. Cost \$20.** We will accommodate various dietary needs as indicated on your Workshop Registration form.
- \*1 Day (Sunday) **Garden Pass to Van Dusen Gardens is included.** (Register at our Reception Desk that day.)
- We regret our membership size precludes offering billet spaces. Please check for local hotel or airbnb spaces.

#### Program Registration

- **Please pre-register at your earliest opportunity, to reserve your space at the workshop !!!**
- Please pay at the Registration Desk the morning of the workshop. Cash or cheque only.  
**You can register for the workshop 2 ways:**
  1. **Pre-register.** Print out, complete and sign the Workshop Registration and Waiver Form. Scan as a .pdf file and email your completed form to: [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)
  2. **Pre-register.** Email to : [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org) Subject Line: West Coast Workshop. Include your name, email address and phone # in the body of the email, confirming that you will attend. Bring your completed Workshop Registration and Waiver Form to the workshop.

#### Got Questions?

Email enquiries to: [vancouver@canadiantaichiacademy.org](mailto:vancouver@canadiantaichiacademy.org)

Or Phone : (604) 836-2239