

Tai Chi Beginners Class

with Dr. Arn Strasser

Welcome to the Tai Chi Beginners Class! My name is LaTina and I am Dr. Strasser's assistant. I provide information and sign up people for the class.

Tai Chi is a movement and martial arts form that has been practiced for hundreds of years. Dr. Strasser emphasizes the health and relaxation aspects of Tai Chi in teaching the short form Tai Chi. A small class size and a relaxed atmosphere provides relaxation and movement while learning the form that can be practiced outside of class.

Here are some **commonly asked questions regarding the class.** If you have further questions, call me at 503.287.2800 or email me at drstrasser@earthlink.net, attention LaTina.

WHO TEACHES THE CLASS?

Dr. Arn Strasser is an experienced teacher of beginning Tai Chi. He studied under Carolyn Talmidge in the Bay Area and Connie Zhung. Dr. Strasser is a chiropractor with an office in NE Portland. He brings his knowledge and experience as a chiropractor to the class. For more information on Dr. Strasser and his practice, please visit our website at www.drstrasser.com.

WHEN DOES THE NEXT SESSION BEGIN?

TUESDAY, SEPTEMBER 14, 2010 FOR TEN SESSIONS

WHAT IS THE SCHEDULE OF CLASSES?

Tuesday, September 14. Session 1
Tuesday, September 21. Session 2
Tuesday, September 28. Session 3
Tuesday, October 5. Session 4
Tuesday, October 12. Session 5
Tuesday, October 19. Session 6
Tuesday, October 26. Session 7
Tuesday, November 2. Session 8
Tuesday, November 16. Session 9
Tuesday, November 23. Session 10

WHERE AND WHEN DOES THE CLASS MEET?

TUESDAY, 6:30, at the The Irvington Club (NE 21st and Thompson). Phone number of the club is 503.287.8749

HOW DO I REGISTER FOR THE CLASS?

Call me, LaTina, at 503.287.2800 or email me at drstrasser@earthlink.net, attention LaTina. I just need your name, address and email address to register you. This information will NOT be shared. YOU WILL NEED TO SEND ME A CHECK FOR \$95 (or \$85 Irvington Club Member) in order to register for the class. PLEASE MAKE THE CHECK OUT TO: ARN STRASSER STUDIO. Thank you.

IMPORTANT: The class size is limited. PLEASE be certain you will attend the class before you register. If you have a change in plans, PLEASE NOTIFY US IMMEDIATELY.

WHAT KIND OF TAI CHI WILL BE TAUGHT?

The beginners class will teach the standard simplified tai chi called the "Short Form" made up of 24 postures.

WHAT IS THE CLASS ATMOSPHERE LIKE?

Relaxed. The purpose is to learn and practice the basic form in a relaxed and supportive atmosphere. All classes begin with some simple stretches.

WHAT SHOULD I WEAR?

No special clothes required. Comfortable clothes are suggested.

DO I NEED EXPERIENCE IN TAI CHI?

No, this is a beginning class. No experience is necessary.

DO I HAVE TO BE FLEXIBLE TO TAKE THIS CLASS?

No, the tai chi Dr. Strasser teaches can be adapted to ALL ADULT AGES, ALL BODY TYPES and ALL DEGREES OF FLEXIBILITY.

HOW MANY CLASSES ARE TAUGHT EACH SESSION?

Each session consists of 10 classes.

HOW MUCH DOES THE CLASS COST?

The cost of the class is \$95 for TEN SESSIONS. **PLEASE NOTE: THE FEE FOR THE CLASS IS DUE PRIOR TO THE FIRST CLASS.** Note: The cost for Irvington Club Members is \$85.

WHAT ABOUT THE COST IF I MISS THE FIRST CLASS?

The only way to be fair is to also charge \$95 (for nine classes). PLEASE TELL ME IF YOU ARE GOING TO MISS THE FIRST CLASS.

WHAT IF I TOOK THE CLASS BEFORE AND I WANT TO DROP IN?

The drop-in fee is \$15 a class. If the class is full and there is no space, we will not be able to accommodate drop-ins. Please call or email prior to the class you want to drop into.

WHAT IF AFTER TAKING THE FIRST CLASS I DON'T WANT, OR AM NOT ABLE, TO CONTINUE?

Here's how we've set up the refund policy:

If you stop after the first class, you will be refunded \$65.

If you stop after the second class, you will be refunded \$55

After the second class, NO REFUND is available.

I WANT TO START AT THE BEGINNING OF THE NEXT SESSION. WHEN DOES THE NEXT 10 WEEK SESSION START?

Please call or write and we'll be pleased to give specific information about the WINTER class.

PLEASE WRITE OR CALL ME IF YOU HAVE FURTHER QUESTIONS.

Thank you for your interest in the TAI CHI BEGINNERS CLASS.

LaTina Cline

Assistant to Dr. Strasser

503.287.2800

drstrasser@earthlink.net, attention LaTina