

FREE ON-GOING TAI CHI CLASS

**Begins Monday, Jan 20th - Mondays 6:00-7:30pm
In our beautiful new studio at 110 Ward Hill Road, Phillipston, MA**

I have recently been inspired by two things in my life, one recent and the other of more than 40 years ago, to offer some sort of service to the world I move in:

Recently by my connection with the Indian Guru Amma Chi; the other in 1971 when I was a founding member of the Boston Repertory theatre where we offered free performances. That continues to be one the most memorable and rewarding experiences in my life.

The connection.....

I have often found myself in disagreement with the exorbitant amount of money some T'ai Chi masters charge for their teachings.

THEREFORE.....

it feels absolutely appropriate and rewarding to me to offer ongoing free T'ai Chi classes for those who want to learn this art. I will freely teach and share everything I have learned from all my esteemed teachers in this class.

I will not be advertising the class in any other way than by word of mouth, so PLEASE pass this on to your friends especially if you live in Central Mass.

Instructor: David Zucker.

Training: 41 years of experience having studied with a wide variety of masters during that time, including T.T. Liang, John Chung Li, Peter Ralston, Kumar Frantzis, William C.C. Chen, and Alan Shapiro.

Teaching: 35 years of teaching thousands of students at many different locations: Interface; New Age Expos; Boston Center for Adult Ed; Skyros Institute, Greece; Ferry Beach and privately in Boston, Watertown, Belmont, Waltham, and Concord, MA. I also created the T'ai Chi program for Harvard Pilgrim Health and taught it for many years, employing at one time up to five additional instructors in the Harvard Pilgrim network.

The Fine Print:

1. **Class size** limited to the number who can comfortably fit in my home studio (about 10 people). Phillipston isn't exactly the center of the world, so travel may limit your decision.
2. **Donation:** You will be expected to make a donation. It is my intention to offer the class for free, but that is more for my benefit than yours, as strange as that might seem (maybe not). For your benefit, however, things are often not valued unless there is some sort of 'cost' to the student. I have several ideas on how to establish that cost, one of which is to ask you to make a donation after each class. It should be something you are absolutely comfortable with. I make no judgements on the amount and will make it a point to not know who is giving what. If you truly feel you can afford nothing, then the class will be free in that way to you.
3. **Practice:** You agree to practice everyday. T'ai Chi is an art that is impossible to learn without practice. It is possible, for comparison, to get some benefit out of a yoga class if you only practice during the class. It is not possible to approach T'ai Chi that way for the very simple reason that there is too much memory involved, and the memory involvement gets more progressive with every passing week (perhaps a good anti-Alzheimers' exercise). **The good news:** You are only required to practice a minimum of one minute a day to fulfill the requirement, but you **MUST** put at least that one minute into it.
4. **Participation:** You are encouraged to sign up and be expected to come to class. I am not expecting hordes of people to descend on Phillipston, so I am initially allowing drop-ins; but people who have signed up for the class will have preference if, for example, 15 people show up some Monday for a space that only holds 10.
5. **Flexibility:** My work sometimes calls me to travel. There will be no class on the Mondays when I have to be away. There will be plenty of advance notice of these dates. I will notify you via email of these cancellations (another reason to sign up rather than drop in). My experience is that this will happen less than once a month.