

# YMAA Western Mass is Pleased to Welcome Jonathan Chang and Michelle Lin to Northampton for Two Special Seminars



**Don't miss this opportunity to study with Jonathan, and Michelle, recent graduates of the 10 and 5 year residency training programs at the YMAA Retreat Center in Miranda, California**

## **Deeping Your Tai Chi Form: Four Basic Energy Training (Peng, Liu, Ji & An)**

Jonathan and Michelle will lead Tai Chi practitioners, versed in any style or form on a journey, exploring the four core energies as they surface throughout slow form practice, including

1. Four energies in slow form sequence
2. Four energies in martial theory
3. Eight energy martial theory

**Date: Thursday, July 19th**  
**Time: 4:00pm – 6:00 pm**

## **Deepen Your Push Hands Practice: Four Basic Energy Training w/Partners: (Peng, Liu, Ji & An applied to Push Hands)**

Of interest to all Tai Chi practitioners and martial artists interested in understanding the martial theory of Tai Chi in motion. Practice to include:

1. International Routine
2. Peng, Liu, Ji & An in Free Play
3. Basic Energies and Fa Jin Training

**Date: Thursday, July 19th**  
**Time: 7:00pm – 9:30pm**

**Fees:** YMAA Current or Alumni Members \$30 per seminar or \$55 for both  
Non-YMAA Members \$35 per or \$55 for both (Ask about Group Discounts)

**Venue:** YMAA Western Mass Facility, co-located at Pine Forest Karate, 221 Pine Street, Florence, MA 01062 (See [www.ymaawesternmass.com](http://www.ymaawesternmass.com) for directions)

**Contact:** Jeff via email: [ymaawesternmass@aol.com](mailto:ymaawesternmass@aol.com)

[Preregistration is required as space is limited – Just send an email to guarantee your spot – no prepayment required](#)