



Town of Morris
Beach & Recreation
109 East Street
Morris, CT 06763
Tel: 860-567-7437 Fax: 860-567-7450
E-mail: Morrissrctr@optonline.net
Webpage: townofmorrisct.com/beach-and-recreation

Qigong / Tai Chi with Victoria!

Qigong (Tai Chi) is the main pillar of Traditional Chinese Medicine and it is the predecessor to Tai Chi / Qi. As an Ancient Chinese Healing Method of Contemplative Moving Meditation, Qigong is a practice proven to bring its practitioners joy, peace, relaxation, serenity and more!

OUTDOOR on the beach: 4-week session beginning Thursday, June 3, 2021.

CLASS DATES: Thursdays – June 3, 10, 17, 24.

Class held at Morris Town Beach (83 East Shore Road) from 9:00 – 10:00 am.

\$60.00 for the 4-week series – cash / checks made payable to *Morris Beach & Recreation*

OR \$17.00 drop-in rate – cash / checks made payable to *Morris Beach & Recreation*

By signing this form, I waive all claims against the Town of Morris, its' Beach and Recreation Department and all personnel from any and all liability for any injuries, loss or other claims resulting from participation in this activity. If necessary, I give permission for the Physician selected by the Beach and Recreation Department to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for myself.

Program / Activity: **Qigong / Tai Chi with Victoris** (*Spring 2021*) Fee enclosed: _____

Signature: _____ Date: _____

Participant's Name: _____ Date of Birth: _____

Address: _____

Town / Zip: _____ Best Phone #: _____

Email Address: _____

Emergency Name / Phone: _____

Allergies or other factors the Beach and Recreation Department should be aware of: _____

Comments: _____
