

Brendan Lea
November 8-10, 2019 Workshop

Checks (US\$) payable to "Rochester T'ai Chi Ch'uan Center" (RTCCC) must be post marked by October 15, 2019, to receive listed prices.

After October 15, 2019 Add 10%

On site registration Add 20%.

Please circle the sessions you plan to attend.

The entire Workshop (Friday-Sunday costs \$200 which is a \$39 saving) Group rates are available for groups of five or more.

Please circle the sessions you plan to attend.

Friday Evening	\$ 19
Saturday 10 AM - 12:30 PM	\$ 50
Saturday 3:30-6 PM	\$ 60
Sunday Morning	\$ 50
Sunday Afternoon	\$ 60
Two days (full workshop)	\$ 200

Total
(Please send this page to the Center with your payment)

Name: _____

Address _____

City, ST _____

Phone: _____

Email: _____

Liability waiver:

I agree to waive claims against any person(s) and the faculty connected with class(es) or special event(s) for injuries that I might sustain, and I assume full responsibility for all my actions in connection with said class(es) and event(s.)

For insurance purposes, anyone not currently an RTCCC student, and who is attending a workshop at the Rochester T'ai Chi Ch'uan Center needs to become a short-term enrollee of the center for the duration of the workshop. There is no charge for this. All that is needed is a signature below which indicates your enrollment and your acceptance of the student liability waiver included on this brochure.

I have read the included liability material and accept the conditions therein; I am enrolling short term for the duration of the workshop:

Signed _____

Date _____



The Rochester T'ai Chi Ch'uan Center
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Email: john@rtccc.com
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The Rochester T'ai
Chi Ch'uan Center



Brendan Lea
presents
Peter Ralston's
Cheng Hsin

*No Matter What Your Skill Level
Brendan will Give You Knowledge and
Skills to Improve your Ability*

Beginner Friendly
Great for All Levels



November 8-10, 2019

A Little Bit About Brendan Lea and Cheng Hsin

In this new Friday evening contemplation session you will learn about how to have insights and make breakthroughs. Come experience an introduction to the art of contemplation with Brendan Lea. He will go over the components of powerful inquiry and then you will put them to use in this evening session.

On Saturday and Sunday Brendan will present us with a variety of exercise drills designed to develop our relaxation skills. This workshop will help both beginners and advanced students of any art to improve their understanding of weight transfer, balance, using effortless power and how to be a body.

Brendan uses humor and warmth to take others on the journey that is Cheng Hsin. Regardless of where you are, or the discipline you are working with (martial arts, or playing a sport, or even music), there is something to help you do it better.

Cheng Hsin, created by Peter Ralston is a seminal study of mind, movement, function and effectiveness. Through a thorough study and practice on the principles put forth in Cheng Hsin, one becomes more grounded and more efficient in any physical and mental activity.

Brendan Lea is a long time practitioner of Cheng Hsin, beginning with his introduction at the Rochester T'ai Chi Ch'uan Center and continuing through his multi-year apprenticeship working directly and intensely with Peter at his residence in Texas. He is one of ten level 4 Cheng Hsin practitioners in the world.

Brendan returns to Rochester to help people learn the "how" of Cheng Hsin and its benefits in the martial area and in other endeavors too. He shows how and

Workshop Schedule

*New Contemplation Session
Friday*

Friday	Saturday	Sunday
6-8 PM	10 AM – 12:30 PM	10 AM-12:30 PM
<i>Intro to Contemplation</i>	Body Being Basics I Effortless Power I	Body Being Basics III Effortless Power III
	Lunch break	Lunch break
	3:30-6 PM	3-6 PM
	Body Being Basics II Effortless Power II	Body Being Basics IV Effortless Power IV

Body-Being is understanding and taking to action the principles that create an effortlessly effective and functional body.

Workshop is for All Skill Levers

Each session adds New Knowledge and refines Tools to Improve Your Ability.



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Rochester T'ai Chi Ch'uan Center
November 10, 2018

helps others find out how to make grounding, balance, relaxation and being present in the moment real activities. This provides a base for to work from in improving how one moves and even how one thinks.

Come join Brendan in this informative workshop at the T'ai Chi Center.

Testimonials:

"I started my T'ai Chi studies last year. I found Brendan's class enlightening. It contributed greatly to my practice and added to my joy. Brendan cares deeply about his students with each session building on the previous one. In one short weekend my posture improved and I had a deeper sense of my body and it's groundedness. This contributed to my life and my T'ai Chi practice!" Cheryl Kelly

"Maestro Lea, as Peter Ralston calls him, is a very dedicated teacher with lots of experience. He pays attention to detail in the moves each of his students completes. In a relatively short period of time, he taught us lots of things such as deeply relaxing the body, moving from center, developing a stronger connection to the ground, pushing (not pushing), 3 ways of receiving a push, yielding, leading and more. Whether one is a beginner or has a lot of experience I am sure Maestro Lea can help him/her to develop further." Ella

"We absolutely loved having Brendan come to the Rochester T'ai Chi Ch'uan Center for a Cheng Hsin workshop. He is an excellent instructor with a relaxed and encouraging teaching style. His ability to break skills down to manageable and incremental step gives all students, regardless of ability, the opportunity to progress. He left us with tangible things to work on until he returns!" Valerie

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