**T’ai Chi Seminar with Ray Hayward**

**October 8, 9, and 10**

**Session 1 – Deep Dive into the Posture Names**

**What they mean & why they are important**

Friday, October 8th 7:00PM-9:00PM

**Session 2 - Small Heavenly Cycle Meditation**

Saturday, October 9th 8:00AM-10:00AM

**Session 3 - Fast Form - First Section**

Saturday, October 9th 10:30AM-12:30PM

**Session 4 - Wu Tang Sword Fencing, Part 1**

Saturday, October 9th 2:30PM-4:30PM

**Session 5 – Intro to 64 Mother Palms of Pa Kua**

Sunday, October 10th 8:00AM-10:00AM

**Session 6 - Push Hands**

**All skill levels welcome, beginner to advanced**

Sunday, October 10th 10:30AM-12:30PM

**Session 7 - Wu Tang Sword Fencing, Part 2**

**(Prerequisite – Session 4)**

Sunday, October 10th 2:30PM-4:30PM

**Cost – 1 Session - $40, 2 Sessions - $75, 3 Sessions - $100, 4 Sessions - $140,**

**5 Sessions - $180, 6 Sessions - $220, Entire Seminar - $240**

**Location – Fit, 62 Rockford Road, Wilmington, DE 19806**

**Make checks payable to Bryan Davis**

**Email** [**bcdavis28@yahoo.com**](mailto:bcdavis28@yahoo.com) **to confirm your attendance and expected sessions**

**No Mask Required If You Are Fully Vaccinated**