

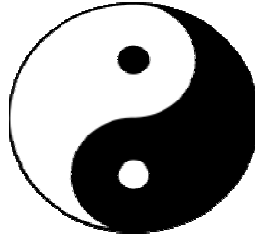
T'ai Chi Ch'uan Workshop Oct. 25 – 26, 2008

with

Benjamin Lo

in

Rockville , MD



Benjamin Lo

Benjamin Pang Jeng Lo is a senior student of Professor Cheng Man Ch'ing with more than 50 years experience teaching T'ai Chi Ch'uan. He has been conducting workshops for many years throughout Europe and the United States. He is co-translator of the following books:

The Essence of T'ai Chi Ch'uan, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan*, and *Questions and Answers on T'ai Chi Ch'uan*. He also produced the videotape, *Professor Cheng Man Ch'ing's Simplified T'ai Chi Ch'uan*.

Saturday, Oct. 25, 2008

9:30am to 11:30am - Form Correction

2:30pm to 4:30pm - Form Correction

Sunday, Oct. 26, 2008

9:30am to 11:30am - Form Correction

2:30pm to 4:30pm - Form Correction and Push-hands practice

Cost: \$120.00 for one day

\$240.00 for two days

Location: Lakewood Elementary School
2534 Lindley Terrace
Rockville, MD 20850

Pre-registration is required. To register, please complete the form below and mail it with your tuition before **Oct 5, 2008**.

Please make checks payable to: Benjamin Lo

and send to:

Joanne Chang
2211 Newton Drive
Rockville, MD 20850

Students must have completed Prof. Cheng Man-ch'ing Yang short form to register.

Participation is limited to 50 students.

Questions: Please contact Joanne Chang at (C) 240-418-5064 or email to Joanne@wuweitaichi.com

Please Print:

Name: _____

Address: _____

Email: _____

Phone: _____

Teacher & Experience:

Are you teaching? YES NO

Check all sessions you wish to attend

Saturday \$120.00 _____

Sunday \$120.00 _____

All sessions \$240.00 _____

Total Amount Enclosed _____

Schedule

Saturday, Oct 25

9:00 am – 9:30 am—Check-in

9:30 am – 11:30 am—Form correction

11:30 am to 2:30 pm—lunch break

2:30 pm – 4:30 pm—Form correction

Sunday, Oct 26

9:00 am – 9:30 am—Check-in

9:30 am – 11:30 am—Form correction

11:30 am to 2:30 pm—lunch break

2:30 pm – 4:30 pm—Form correction and push-hands practice

Workshop location:

From the South:

Take I-95 North to I-495 West to I-270 North to Exit 5, for MD 189 toward Falls Road. **Keep left at the fork, follow signs for Falls Rd S/MD-189 S/Potomac.** Slight left at Great Falls Road and continue on Falls Road. Then turn right at Wootton Parkway and the Left at Lindley Terrace.

From the North & East:

Take I-95 South through Baltimore to I-495 West towards Silver Spring to I-270 North. Take Exit 5 for MD 189 toward Falls Road. **Keep left at the fork, follow signs for Falls Rd S/MD-189 S/Potomac.** Slight left at Great Falls Road and continue on Falls Road. Then turn right at Wootton Parkway and the Left at Lindley Terrace.

From the West:

Take I-81 North or South or I-68 East to I-70 East to I-270 South-Washington. Take Exit 5.

Directions From the Airports:

Thurgood Marshall BWI:

Exiting BWI Airport, take 195 West to 95 South to I-495 West towards Silver Spring. Take I-495 to 270 North. Take Exit 5 for MD 189 toward Falls Road. **Keep left at the fork, follow signs for Falls Rd S/MD-189 S/Potomac.** Slight left at Great Falls Road and continue on Falls Road. Then turn right at Wootton Parkway and the Left at Lindley Terrace.

Reagan National:

Exit the airport towards Washington D.C. Take George Washington Memorial Parkway to I-495 North towards Maryland. Follow to I-270 North towards Frederick.. Take Exit 5 for MD 189 toward Falls Road. **Keep left at the fork, follow signs for Falls Rd S/MD-189 S/Potomac.** Slight left at Great Falls Road and continue on Falls Road. Then turn right at Wootton Parkway and the Left at Lindley Terrace.

Dulles:

Take the Dulles Access Rd to I-495 North. Take I-495 North to I-270 North towards Frederick. Take Exit 5 for MD 189 toward Falls Road. **Keep left at the fork, follow signs for Falls Rd S/MD-189 S/Potomac.** Slight left at Great Falls Road and continue on Falls Road. Then turn right at Wootton Parkway and the Left at Lindley Terrace.