

BRENDAN LEA WORKSHOP

Register by October 15, 2020, pay Early Bird price (listed below).

Register after October 15, 2020, add 10%.

Pay at the workshop, add 20%.

Group rates are available for groups of five or more.

Please check the sessions you plan to attend:

- ☐ ENTIRE WORKSHOP (save \$49) \$200
- ☐ Friday evening \$29
- ☐ Saturday 10 AM–12:30 PM \$ 50
- ☐ Saturday 3–6 PM \$ 60
- ☐ Sunday 10 AM–12:30 PM \$ 50
- ☐ Sunday 3–6 PM \$ 60

Total: _____

*(Please send this panel to the Center with your payment.
Checks should be payable to the RTCCC)*

Name: _____

Phone: _____

Email: _____

Address _____

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:

Signature: _____

Date _____



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THE ROCHESTER
T'AI CHI CH'UAN
CENTER

Brendan Lea
presents
Peter Ralston's
Cheng Hsin

Beginner Friendly.
Great for All Levels!



November 13–15, 2020

Cheng Hsin and Brendan Lea

Cheng Hsin, created by Peter Ralston, is a seminal study of mind, movement, function, and effectiveness. Through the study and practice of the principles of 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 Ralston. Brendan is the only Level Five Cheng Hsin practitioner 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 helps others discover how to make grounding, balance, relaxation, and mindfulness real activities. This provides a base for improving movement and thought processes.

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



The Sessions

In the Friday evening introduction to contemplation session, you will learn how to have insights and make breakthroughs. Brendan Lea will go over the components of powerful inquiry and then show you how to put them to use!

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

Workshop Schedule (Subject to Change)		
Friday	Saturday	Sunday
6–8 PM Intro to Contemplation	10 AM–12:30 PM Body Being Basics I/ Effortless Power I	10 AM–12:30 PM Body Being Basics III/ Effortless Power III
	Lunch break	Lunch break
	3–6 PM Body Being Basics II/ Effortless Power II	3–6 PM Body Being Basics IV/ Effortless Power IV



What Workshop Students Say...

“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 its groundedness. This contributed to my life and my T'ai Chi practice!”

Cheryl Kelly

“Whether one is a beginner or has a lot of experience I am sure Maestro Lea can help him/her to develop further.”

Ella

“Brendan ... 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