

In Motion Center
Masters in Residence Series
Master Sam F. S. Chin
I Liq Chuan - Fall 2015 Seminar Series

Nov. 4	Wednesday	7 pm – 9:30 pm	5 Qualities of Movement Unification	\$ 65
Nov. 5	Thursday	11 am – 3 pm	Unifying the Mental and Physical 15 Basic Exercise Refinements	\$ 85
Nov. 5	Thursday	7 pm – 9:30 pm	Your Most Important Key to Progress How to Listen - How to Feed	\$65
Nov. 6	Friday	11 am – 4 pm	Instructors Workshop	
Nov. 6	Friday	6 pm – 9 pm	ILC Members Workshop for Weekend Seminar Attendees	
Nov. 7	Saturday	12:30 am - 7:30 pm	Unifying Yourself with Your Opponent I Liq Chuan	
Nov. 8	Sunday	10:30 am - 6:00 pm	Weekend Seminar	\$ 235

To register and arrange your payment call 510-261-4570 or email

blangan@stillnessinmotion.com

Registration is made through your payment for the seminars.
All registration is on a first come first serve basis;
and must be made and paid for in full in advance
to qualify for the discounted rates.

Wednesday and Thursday Evening Workshop Tuition \$65

Active ILC Members: \$ 60 - Students Level 3 & above: \$ 55
Certified I Liq Chuan Instructors - Level 1: \$ 50 - Level 2: \$ 45 - Level 3: \$ 40

Thursday Weekday Workshop Tuition \$ 75

Active ILC Members: \$ 70 - Students Level 3 & above: \$ 65
Certified I Liq Chuan Instructors - Level 1: \$ 60 - Level 2: \$ 55 - Level 3: \$ 50

Weekend Workshop Tuition \$235

Active ILC Members: \$215 - Students Level 3 & above: \$ 205
Certified I Liq Chuan Instructors - Level 1: \$195 - Level 2: \$185 - Level 3: \$175

PAID BY 10.25.2015 \$ 235 for 2 Days, \$125 1 Day AFTER 10.25.2015 \$ 250 2 Days, \$ 150 1 Day

To Register Contact Bernard Langan email: blangan@stillnessinmotion.com phone: (510)-261-4570

*To register send your check payable to Bernard Langan to:
 Bernard Langan
 In Motion Center
 1091 Calcot Place Suite 412
 Oakland, CA 94606*

I Liq Chuan - Fall 2015 Seminar Series



Fall Intensive Registration Form

Your Name _____

Email _____

Your I Liq Chuan Instructor _____

Your Student Level _____ Instructor Level _____

Evening Seminars

Please determine and write in your Discounted Tuition from Page 1

\$_____ Nov. 4 Wednesday 7 pm – 9:30 pm 5 Qualities of Movement Unification

\$_____ Nov. 5 Thursday 11 am – 3 pm Unifying the Mental and Physical
15 Basic Exercise Refinements

\$_____ Nov. 5 Thursday 7 pm – 9:30 pm Your Most Important Key to Progress
How to Listen - How to Feed

\$_____ Nov. 6 Friday 11 am – 4 pm Instructors Workshop

Weekend Seminar

Nov. 6 Friday 6 pm – 9 pm ILC Members Workshop
for Weekend Seminar Attendees

\$_____ Nov. 7 Saturday 12:30 am - 7:30 pm Both Days _____

Nov. 8 Sunday 10:30 am - 6:00 pm One Day _____

\$_____ Total