

Start off the New Year with the ancient, healthy
movements of Qigong and Tai Chi



☯ Tai Chi for Busy People ☯

(Easy Tai Chi)

with Janna Whitton

Email Address: TaiChiwithJanna@gmail.com

Website: <http://www.TaiChiwithJanna.com>

Wednesdays: January 9th – March 20th

Morning Session: 9:30 a.m. - 10:30 a.m.

Evening Session: 5:30 p.m. - 6:30 p.m.

Class is once a week for 10 weeks. If you cannot attend your class one week, you can attend the class at the alternate time. Other make-up times will also be available.

The meditative, sequenced form of Easy Tai Chi is gentle, graceful, and flowing. Easy Tai Chi uses movements from longer Tai Chi forms that affect the entire body. Practicing Tai Chi and Easy Tai Chi can have numerous health benefits which may include improved balance, coordination and strength, increased relaxation, energy, circulation, flexibility, muscle tone, enhanced immune system and the lowering of blood pressure. More information at: www.easytaichi.com, www.feeltheqi.com, www.mayoclinic.com

Class will warm-up with Qigong movements followed by learning and then practicing the Easy Tai Chi form. Previous experience with Qigong or Tai Chi is not required.

Class size is limited, so please **register for class by emailing Janna at: TaiChiwithJanna@gmail.com**

Suggested Donation: \$100 to \$150 for the 10 week class. Donation due on or before January 9th.

Option for online payment will be available after emailing Janna to register.