

Tai Chi **EASY**

Health. Vitality. Inner Peace

Self-Care Practice.

Saturdays, 10:15 – 11:15 am

May 6th – June 10th (6 week session)

Place; Olmsted Community Center

*There are about 10,000 forms of Qigong, including several hundred of varieties of **Tai Chi**. The tai chi easy, program was created by careful reviewing many of the most popular, prevalent and beneficial of these forms to distill a set of practices that are easy to teach, easy to learn, and easy to practice.*

***Tai Chi Easy** consist of classic and simple Qigong including the four essential Qi, cultivation methods:*

Postural alignment and gentle movement

Breath practice

Self-applied massage

Relaxation, Visualization, and meditation practices.

Practice Sessions: \$10.00 per class

\$5.00 (senior citizens) per class

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