

Tai Chi **EASY**

Health. Vitality. Inner Peace

Self-Care Practice.

w/ Robert and Valarie Guy

Saturdays, 10:15 – 11:15 am - *Fitness Studio*

August 26th – October 7th (6 week session)

Place; Olmsted Community Center

8170 Mapleway Drive, Olmsted Falls

*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.

\$10 per session, per class

\$5 per session, per class (seniors)

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