

TAI CHI and QIGONG Classes



Tai chi and Qigong are programs that offer amazing health benefits. Within each system are methods for creating wellness and healing illness. Many people practice these systems to feel more grounded and balanced. During times of feeling exhausted with work or life's situations, these routines can restore and rejuvenate the body and mind. Practice can renew your strength and appreciation for your fellow beings, and this living planet, earth. Become young and playful again!

SPRING SCHEDULE 2018

MONDAY CLASSES: April 9 - June 4 (8 weeks, no class 5/28)

Downtown: HEALING QIGONG at 5:00 pm - 6:00 pm. Classes held at Spokane Regional Health District, Room 140
Cost \$65, and \$50 for City, County, and County Health Department Employees (add \$15 to attend more than one class series)

TUESDAY CLASSES: April 17 - June 5 (8 weeks)

North side: Principles of TAI CHI & QIGONG at 9:00 am - 10:00 am. Classes are held at Rockwood at Hawthorne
North side: HEALING QIGONG at 10:00 am - 11:00 am. Classes are held at Rockwood at Hawthorne (fitness center downstairs)
Cost \$65, and \$30 for residents and Rockwood Staff.

WEDNESDAY CLASSES: April 18 - June 6 (8 weeks)

Downtown: TAI CHI Beginning Yang Style 24, Part A at 5:00 pm - 6:00 pm. Classes held at Spokane Regional Health Dist., Room 140
Downtown: TAI CHI Yang Style 24, Part B (instructor's permission required) at 6:15pm-7:15pm. Classes held at SRHD, Room 140
Cost \$65, and \$50 for City, County, and County Health Department Employees (add \$15 to attend more than one class series)

These programs require no special skills or equipment, and are suitable for any age or fitness level. Participants should wear loose comfortable clothes and flat shoes.

Locations

North side: ROCKWOOD AT HAWTHORNE, 101 E. Hawthorne Road, Spokane, WA (downstairs in fitness center)
Downtown: SPOKANE REGIONAL HEALTH DISTRICT, 1101 West College Avenue, Spokane, WA

Presented by Sales Creators®/Tai Chi for Health Spokane. Call [509-468-0587](tel:509-468-0587) if you have questions or would like more information. To sign up and reserve your space for a particular session, you may call or go online at www.salescreators.com. Sign up by clicking the 'CONTACT US' button on the web site (top right-hand), or at the bottom of the 'SCHEDULES' area: http://salescreators.com/personal-programs_class-schedules. Class size is limited, and the schedule is subject to change.

Register



Offering Tai Chi and Wellness programs in Spokane since 2005.