

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!

SUMMER SCHEDULE 2018

MONDAY CLASSES: August 6 - Oct. 1 (8 weeks; no class 9/3)

Downtown: Beginning 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: August 7 - Sept. 25 (8 weeks)

North side: QIGONG for Stress Reduction at 9:00 am - 10:00 am. Classes are held at Rockwood at Hawthorne
Cost \$65, and \$30 for residents, and \$50 Rockwood Staff. Classes are held downstairs in the fitness center.

WEDNESDAY CLASSES: August 1 - Sept. 19 (8 weeks)

Downtown: TAI CHI Beginning Yang Style 24: PART A at 5:00 pm - 6:00 pm. Classes held at Spokane Regional Health District, Room 140
Downtown: TAI CHI Beginning Yang Style 24: PART B (instructor's permission required) at 6:15pm-7:15pm. 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).

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 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

Tai Chi for Health

