

QIGONG and TAI CHI Classes

Tai chi and Qigong are systems that offer amazing health benefits. Within each system are methods for creating wellness and healing illness or imbalances within the body. Many people practice these systems to feel more grounded and achieve a state of harmony. Practice can renew your strength and calm your mind. Learn the fundamental energetics that help the body feel alive and balanced. Classes focus on breathing techniques, postural alignments and physical movements to aid the flow of QI: vital energy.



FALL SCHEDULE 2018

MONDAY CLASSES: *October 15 – December 10 (8 weeks – no class on 11/12)*

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: *October 16 – December 4 (8 weeks)*

North side: Healing QIGONG 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: *October 17 – December 5 (8 weeks)*

Downtown: TAI CHI Beginning Yang Style 24: PART A at 5:00 - 6:00 pm. Classes held at Spokane Regional Health District, 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 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



Offering Tai Chi and Wellness programs in Spokane since 2005.