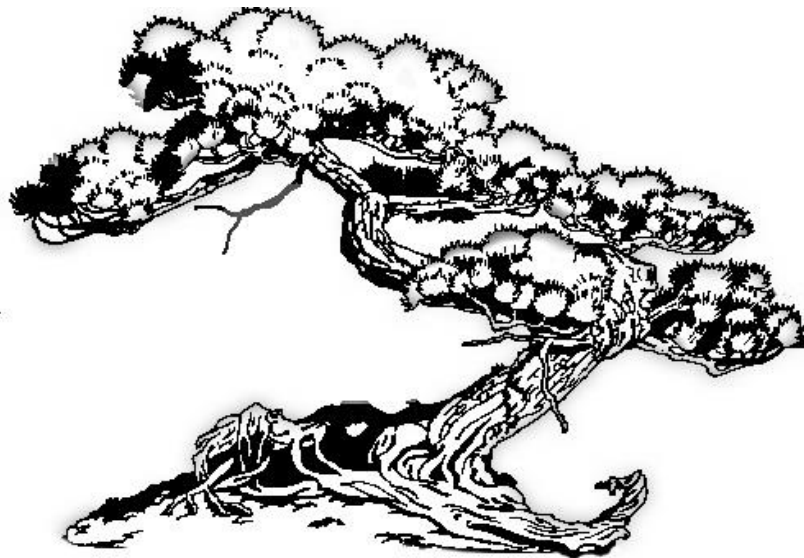


TAI CHI and QIGONG Classes

Tai Chi for Health



Offering Tai Chi and Wellness programs in Spokane since 2005.



WINTER 2018 SCHEDULE

MONDAY CLASSES: January 22 – March 26 (9 weeks), no class 2/19

Downtown: HEALING QIGONG - 5:00 pm - 6:00 pm weekly, at Spokane Regional Health District, Room 140

TUESDAY CLASSES: January 23 – March 27 (10 weeks)

North side: INTRODUCTION to TAI CHI and QIGONG - 9:00 am - 10:00 am weekly, at Rockwood at Hawthorne (fitness center downstairs)

North side: HEALING QIGONG - 10:00 am - 11:00 am weekly, at Rockwood at Hawthorne

WEDNESDAY CLASSES: January 24 – March 28 (10 weeks)

Downtown: TAI CHI Beginning Yang Style 24, Part A --5:00 pm - 6:00 pm weekly, at Spokane Regional Health District, Room 140

Downtown: TAI CHI Yang Style 24, Part B (instructor's permission required) - 6:15pm - 7:15pm weekly, at Spokane Regional Health Dist., Room 140

Experience a happier, healthier "you." By learning techniques to relax and breathe efficiently, some people feel better immediately, while others reap huge health benefits as they practice over time.

Costs: \$75 per person; \$50 for City, County and County Health Department Employees (add \$25 to attend more than one class series); \$50 for facility staff members; \$30 for facility residents.

Students who pay the \$75 cost may attend all classes listed.

We honor our Veterans, who may inquire about pricing from the instructor.

Costs

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