

# 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.

Classes focus on breathing techniques, postural alignments and physical movements to aid the flow of Qi: vital energy. No previous experience is needed for any of the beginning classes.



Everybody's doing qigong

## WINTER SCHEDULE 2019

### Special WEDNESDAY WORKSHOP: January 23: One session only!

**Intro to TAI CHI** at 5:00 pm - 6:30 pm.: Learn about tai chi and its origins, and do some exercises to help reduce stress and tension. Prep for the **TAI CHI Beginning Yang Style 24** class below. Session held at Spokane Regional Health District, Room 140. Cost \$20, and \$15 for City, County, and County Health Department Employees

### MONDAY CLASSES: January 28 - March 25 (8 weeks - no class on 2/18)

**Downtown: Healing QIGONG** at 5:00 pm - 6:00 pm. Learn Qigong exercises: a powerful method for creating health and relaxation. 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: January 29 - March 19 (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: January 30 - March 20 (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](http://www.salescreators.com). Sign up by clicking the 'CONTACT US' button on the web site, or at the bottom of the 'SCHEDULES' area: [http://salescreators.com/personal-programs\\_class-schedules](http://salescreators.com/personal-programs_class-schedules). *Class size limited, schedule is subject to change.*

Register



Offering Tai Chi and Wellness programs in Spokane since 2005.