



TAI CHI and QIGONG Classes

We live in a busy world that requires an **effective stress management program** to prevent major health issues. Chronic stress comes from everyday situations, and if left uncontrolled, it affects a person's health, their body and immune system. Reaction to an acute stress situation can take the body's metabolism up to 90 minutes to return to normal.

TAI CHI is a centuries-old Chinese exercise program that promotes good health and balance. It involves a series of slow, meditative body movements that flow together like a slow-motion dance. When done in a precise order it helps facilitate energy flow, fitness, relaxation and mental concentration.

QIGONG is an ancient art form that integrates breathing techniques and physical movements. These movements, along with mindful intention, allow healing and strengthening of the body's systems, including the immune and nervous systems. This is a proven effective stress management program.

SPRING 2017 SCHEDULE

MONDAY CLASSES: April 3 - June 5 (9 weeks, no class 5/29)

Downtown: Beginning QIGONG at 5:00 pm - 6:00 pm. Classes held at Spokane Regional Health District, Room 140

Downtown: QIGONG for Stress Reduction at 6:15pm-7:15pm. Classes held at Spokane Regional Health District, Room 140

Cost \$75, and \$50 for City and County Employees, and County Health Department Employees (add \$25 to attend more than one class series).

TUESDAY CLASSES: April 4 - June 6 (10 weeks)

North side: TAI CHI Beginning Traditional Sun Style at 9:00 am - 10:00 am. Classes are held at Rockwood at Hawthorne

North side: Beginning QIGONG at 10:00 am - 11:00 am. Classes are held at Rockwood at Hawthorne

Cost \$75, and \$30 for residents, and \$50 Rockwood Staff. Classes are held at Rockwood at Hawthorne (fitness center downstairs)

WEDNESDAY CLASSES: April 5 - June 7 (10 weeks; 4/12 and 5/10 meet in room 320)

Downtown: TAI CHI Beginning Yang Style 24 at 5:00 pm - 6:00 pm. Classes held at Spokane Regional Health District, Room 140

Downtown: Beginning QIGONG at 6:15pm-7:15pm. Classes held at Spokane Regional Health Dist. Room 140

Cost \$75, and \$50 for City and County Employees, and County Health Department Employees (add \$25 to attend more than one class series).

Learn how to reduce stress, increase energy, and improve your quality of life.

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

Students who pay the \$75 cost may attend all classes listed (certain restrictions apply).

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.