

QIGONG and TAI CHI Classes

Spread your wings

Find the tools for experiencing relaxation, peace
and inner focus.

Qigong and Tai Chi can help you find better health.



Tai chi and **Qigong** are systems that can help heal and rejuvenate the human body and spirit. The principles restore health and energetic vitality to practitioners. Many people throughout the world practice these systems to feel more grounded, and to **achieve a state of harmony** and **calm their mind**.

Classes focus on principles, breathing techniques, postural alignments and physical movements to aid the flow of **QI: vital energy**. These programs require no special skills or equipment, and are suitable for any age or fitness level. Participants should wear comfortable clothes and shoes.

SUMMER SCHEDULE 2019

MONDAY CLASSES: SESSION A: June 17 – July 8 (4 weeks)

Downtown: QIGONG for Relaxation 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. **Session A:** Cost \$40, and \$35 for City, & County Employees

MONDAY CLASSES: SESSION B: July 15 – August 5 (4 weeks)

Downtown: QIGONG – Relaxation & Stress release at 5:00 pm - 6:00 pm. *Qigong exercises and further exploration into stress release.* Classes held at Spokane Regional Health District, Room 140. **Session B:** Cost \$40, and \$35 for City, & County Employees

Both sessions (A & B): Cost \$65, and \$50 for City, County, and County Health Department Employees (add \$15 to attend the Wednesday class also)

WEDNESDAY CLASSES: June 19 - August 7 (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).

Location

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, or at the bottom of the 'SCHEDULES' area: 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.*