

STRESS REDUCTION Classes

and TAI CHI Classes

Life's fast pace can bring anxiety, lack of concentration, and inability to sleep & function well.

If you experience the “jitters” or feel an unwelcomed buzz when you haven't consumed any caffeine, maybe it is time to reevaluate your physical and emotional health.

Stress Reduction classes include **Qigong** (“chi kung”) which is an ancient art form that integrates breathing techniques and physical movements to promote self-healing.

Tai chi is a series of slow moves, emphasizing breathing and proper posture.

Practice allows relaxation, increased energy flow, better internal and external fitness, and mental concentration.



WINTER SCHEDULE 2020

MONDAY CLASSES: January 27 – March 23 (8 weeks) (No class Feb. 17)

Downtown: Stress Reduction at 5:00 - 6:00 pm. Learn relaxation techniques and brief exercise segments designed to help develop the body's internal energy. These systems can help heal and rejuvenate the human body and spirit, and are designed to help the nervous system relax, and allow the mind to become calm. Classes held at Spokane Regional Health District, Room 140.

WEDNESDAY CLASSES: January 29 – March 18 (8 weeks)

Downtown: TAI CHI Beginning (PART A) Yang Style 24 at 5:00 - 6:00 pm. Learn introductory tai chi principles and movements, and study the first part of the 24-Movement form. Classes held at Spokane Regional Health District, Room 140.

Downtown: TAI CHI Intermediate (PART B) Yang Style 24 (must complete Part A first) at 6:15 - 7:15pm. More in-depth work on principles and moves, focused on the second half of the 24-Movement form. Classes held at SRHD, Rm 140.

Cost: \$65 general public, and \$50 for City, County, and Health Department Employees (add \$15 to attend more than one class series, total \$65 max.). Students are welcome to attend any (and all) other classes during that session at no additional charge.

Classes focus on breathing techniques, postural alignments and physical movements to aid the flow of QI (“chee”), or vital energy. These programs are open to the public, require no special skills or equipment, and are suitable for any age or fitness level; just wear comfortable clothes and shoes.

Downtown: SPOKANE REGIONAL HEALTH DISTRICT, 1101 West College Avenue, Spokane, WA

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.*

Tai Chi for Health



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*Offering Tai Chi and
Wellness programs in
Spokane since 2005.*