

SCHEDULE of TAI CHI & QIGONG CLASSES - SUMMER 2021

It is widely published that tai chi is excellent for keeping a person fit and balanced, and that QIGONG is a powerful healing practice to cultivate and maintain good health while aging gracefully. Classes focus on specific exercises done within a short format to allow anyone to attend: you can schedule your daily 'health' break accordingly! Sessions are both virtual, and held in the park. *Select locations: dress accordingly, including footwear, bring water and a chair if desired.*

June 8 – July 1 (4 weeks)

Class sizes are limited; please refer to the web site for class closures

TUESDAY CLASSES:

WARM UP SERIES – 11:00 - 11:30 am weekly

ZOOM

Basic breath work, qigong healing touch, and easy movement warm up series practice

SEMI-PRIVATE: TAI CHI – 1:00 - 2:00 pm weekly

ZOOM

Basic principles for new students (Advance registration required; limit of 3 people per group)

RELAX 101 – 7:30 - 8:15 pm weekly

ZOOM

A short qigong session to quiet and clear the mind, and relax the body. How to identify tension, and 'gaps' in the body. Techniques for developing awareness, and addressing problem areas that cause ailments and anxiety.

WEDNESDAY CLASSES:

POSTURE – 10:00 - 10:45 am weekly

ZOOM

Elements of posture, including seated and standing positions.

SEMI-PRIVATE: TAI CHI - 2:00 - 3:00 pm weekly

OUTDOORS – Spokane Valley

Outdoor practice of basic skills for new students, and review for returning students of tai chi. (Advance registration required; limit of 3 people per group.)

THURSDAY CLASSES:

QIGONG – 9:30 – 10:00 am weekly

OUTDOORS - Spokane Valley

Qigong warm up and a qigong 'form' or exercise to open and close the joints in the body, and relax body and mind. (Advance registration required.)

SEMI-PRIVATE: TAI CHI PRINCIPLES – 2:00 – 3:00 pm weekly

OUTDOORS - North Side

Practice a short series of moves based on a Yang Style form. (Advance registration required; limit of 3 people per group.)

COSTS

\$60 for SEMI-PRIVATE four-week session

\$40 for a four-week session of multiple classes (excludes semi-private)

\$20 for a four-week session of one class (excludes semi-private)

\$10 for a single drop-in session (excludes semi-private)

If you are currently experiencing financial difficulties, and would like to attend a class, please do not hesitate to contact our office. We want these therapies to be available to anyone. Veterans may attend no charge; discounts available for Caretakers, and Doctor's Referral.

Presented by Sales Creators®/Tai Chi for Health Spokane, PO Box 11862, Spokane Valley, WA 99211.

Call [509-468-0587](tel:509-468-0587) to sign up, or go online to the 'SCHEDULES' area:

http://salescreators.com/personal-programs_class-schedules.

Offering Tai Chi and Wellness programs in Spokane since 2005

Tai Chi for Health

