

## SCHEDULE of TAI CHI & QIGONG CLASSES - WINTER 2022

In Chinese Medicine, winter is a time of rest, and a chance to slow down to allow healing and efficient energy flow. There are many benefits to practice of tai chi and/or qigong: allows a deeper connection between the body and mind, increases the body's immune function, aids circulation (pulmonary and cardiovascular), allows more efficient breathing, and relaxes the physical body and mind.

In this Winter series, there is an emphasis on improving immune system health, strengthening the lungs, and nourishing the kidneys.

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 virtually, and in person at either the park, or at an indoor venue near downtown. *Select locations: dress accordingly, including footwear, bring water and a chair if desired.*

### SESSION 1: January 11 – February 2 (4 weeks)

SESSION 2 tentatively scheduled for: February 8 – March 1 (4 weeks)

*Schedule is subject to change*

#### TUESDAY CLASSES:

QIGONG BREATHING – 9:00 – 9:45 am weekly ZOOM

Methods of standing and relaxing, breath work, qigong healing touch, and easy movement warm up series practice.

RELAX IN WINTER QIGONG – 10:00 - 10:45 am weekly ZOOM

Techniques to boost the immune system, work with water element of the winter season, emphasizing the kidneys. Also, lung exercises for improved pulmonary function.

TAI CHI, YANG STYLE 24 forms - 5:10 - 6:00 pm weekly INDOORS - DOWNTOWN (The Hive)

Practice of basic skills for new (beginning) students, & review for returning students of tai chi.

#### WEDNESDAY CLASSES:

RELAX IN WINTER QIGONG – 5:00 - 5:45 pm weekly INDOORS – - VALLEY (Argonne Library)

Techniques to boost the immune system, work with water element of the winter season, emphasizing the kidneys. Also, lung exercises for improved pulmonary function.

#### THURSDAY CLASSES:

QIGONG – 9:30 – 10:00 am weekly OUTDOORS - North Spokane

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

#### JOIN A CLASS

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

Membership - \$7 for a single drop-in session (excludes semi-private)

The Hive, 2904 E. Sprague Ave., Spokane, WA (This facility requires masks be worn at all times while inside)

Argonne Library, 4322 N Argonne Rd, Spokane Valley (This facility requires masks be worn at all times inside)

***See the web site for more information and registration, or call***

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](http://salescreators.com/personal-programs_class-schedules).

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

**Tai Chi for Health**

