

FLOW WITH THE TAO

Come and play QIGONG and TAIJI (T'ai Chi)!! These ancient Chinese movement arts are low-impact ways to improve strength, flexibility and balance. QIGONG is energy cultivation through gentle exercises that incorporate deep breathing, focused intention, and mindful postures to facilitate the flow of Qi. TAIJI is a form of QIGONG that is often called meditation in motion. It is characterized by flowing movements that lead from one into the other and is a manifestation of the dynamic relationship of Yin and Yang. The goal of QIGONG, and hence TAIJI, is to integrate body, mind and breath to achieve balance and harmony by moving Qi through the body. *Please wear loose, comfortable clothing and bring flat-soled shoes for class.*

Dates and times: Thursdays, September 9, 2010 through November 18, 2010; Qigong 5:30-6:30 pm (required for Taiji); Taiji 6:30-7 pm

Location: Franconia Church of Christ, Franconia, NH

Instructor: Mary Sturtevant, M. Ed.; certified in Qigong, Taiji and Reiki; teacher of these health and healing forms for 18 years

Tuition: 50/month for Qigong; 70/month for Qigong and Taiji
DROP-INS WELCOME FOR QIGONG 15/class

For additional information: call 603-823-8780 or email

peace@pathofharmony.com

Class registration form

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Name _____ Date _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Submit one-half of the tuition with your registration. Balance due at the first class.

Please make check payable to Mary Sturtevant and mail to 637 Hadley Rd., Sugar Hill, NH 03586. Thank you.