

Thursdays at 11 and 5

Tai Chi Classes

Two different 6-week Classes

Starting Thursdays

Feb 5 - March 12

March 19 - April 23

11 am..... Taiji

5 pm..... Qi Gong

Cost is **\$75** for 6 week class

Let us know you're coming:
lori@lesleyjamesmd.com

**Discover the many possible health benefits.
Improve balance and energy level.
Help with arthritis.**

The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health.

Sometimes described as "meditation in motion", Tai Chi promotes serenity through gentle movements—connecting the mind and body. A graceful form of exercise and a great lunch time break that doesn't require any special clothes or equipment.

The teacher is Sifu Kathleen M. Gill, Ph.D. Dr. Gill is a retired psychologist who has been playing taiji and qigong for 40 years. She was given the title Master by her Grandmaster William C. C. Chen.

Taiji quan | Tai Chi (new spelling "taiji quan") is a martial art and a Chinese system of gentle exercise. It is based on the principles of qigong, an effective self-healing method which is soothing to mind, body and spirit. The fundamental breathing skills, postures and movements of both practices are easy and fun, and can be acquired by eager learners of any age or ability level.

The focus of the classes will be to acquire a number of taiji postures that can be practiced at home. The taiji class will begin and end with qigong meditations and movements to allow learners to become aware of the effects of their practice. No previous training is needed, but people who have tried other forms are invited to amplify their taiji skill by focusing on the principles which underlie the moves.

Qigong | working with the qi, or life force. Qigong is a system of movement and stillness practices that is supported by research evaluating its effect on balance, stamina and well-being. "Qi" means breath or life-energy. "Gong" means practice or skill. There are over 6000 kinds of qigong, and taiji quan is one type.

We will focus on foundational skills that most people find relaxing and energizing. "Static" or still qigong including healthy breathing, sitting meditation and Wuji Standing ("the million dollar secret of qigong"). Everything you need to know will be presented at class and anyone can participate at the level which fits their own strengths.

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