

**No  
experience  
required!**

# Two Workshops

with **YMAA Guest Instructor  
Ramel Rones**



## Workshop One

Using principles & techniques from  
Tai Chi, Chi Kung & Yoga to help & heal your

# Lower Back

Participants will learn ...

- ✓ Stretches & movements to relieve & end back pain
- ✓ Deep breathing & meditation techniques
- ✓ Basic Tai Chi & Chi Kung techniques
- ✓ Injury prevention
- ✓ Tools to live a more enjoyable stress & pain free life!



This workshop is for anyone who suffers from lower back pain and wishes to improve the quality of their life. Instructor Rones synthesized over 30 years of Tai Chi, mind-body teaching and practice to create this "Relieve and End Back Pain" course which is suitable for elite athletes, martial artists, teens, those who travel and/or sit a lot and moms. By investing 20-minutes a day, you will greatly improve your quality of life and enjoy your favorite activities free of pain!

**Sunday, 11 am - 2 pm**  
**Oct. 21, 2018**

**Enroll  
in One  
or BOTH**

## Workshop Two

Increase & upgrade your

# Energetic System

using visualizations, meditation & push hands techniques

This workshop will cover:

- ✓ Techniques & postures of meditation
- ✓ Tai Chi & Chi Kung visualizations
- ✓ Basic Tai Chi Pushing Hands techniques
- ✓ Meditation and deep breathing techniques.



This workshop is for those who are interested in the "next level" of Tai Chi and in learning how to move energy through their own bodies and in others.

Some Tai Chi experience is helpful but not required.

**Sunday, 11 am - 2 pm**  
**Oct. 28, 2018**

## **Ramel (Rami) Rones** *Author, Teacher & Researcher*

... is a leader of Mind-Body, Tai Chi, and Qi Gong therapies for people with cancer, fibromyalgia, arthritis, chronic pain, chronic fatigue, and more. He is an internationally known teacher, speaker, and author and has designed a number of clinical trials such as the investigation of the benefits of **Tai Chi and Fibromyalgia**, **Tai Chi and Knee Osteoarthritis**. Much of his research design is included in these workshops.

He is a disciple of Master Dr. Yang-Jwing Ming, and the first Tai Chi Master to co-author a study in The New England Journal of Medicine featured in the New York Times.

For more: [www.RamelRones.com](http://www.RamelRones.com)

*Spaces are limited!  
Pre-register & save  
your spot!*



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