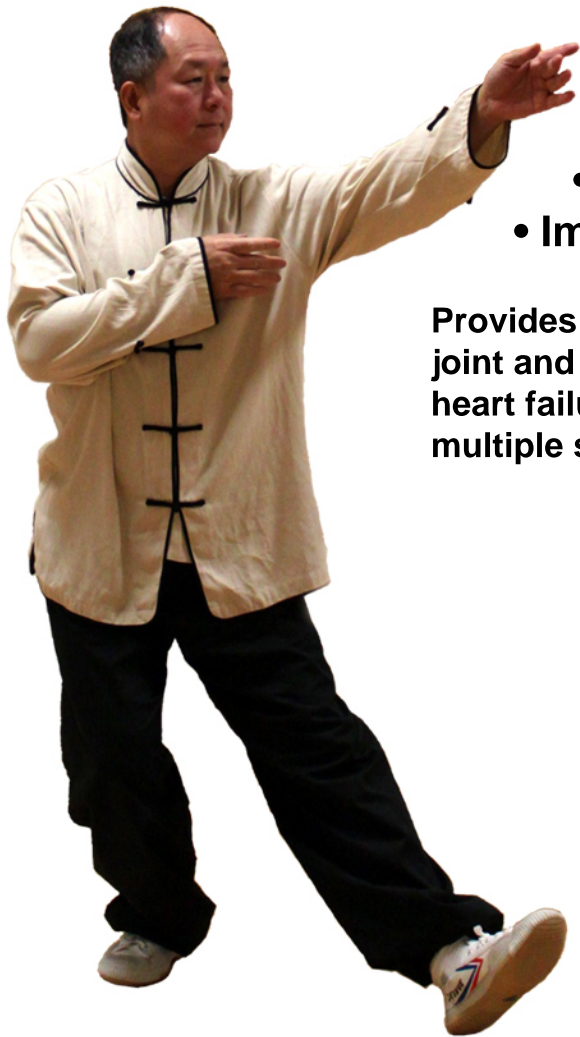


Intro to **Tai Chi & Chi Kung** for Beginners



Benefits:

- Reduce Stress
- Increase Flexibility
- Increase Energy & Vitality
- Improve Balance

Provides relief from the following: arthritis, stress, insomnia, joint and muscle pain, back pain, cancer, chronic stroke, heart failure, high blood pressure, heart attacks, multiple sclerosis, Parkinson's, Alzheimer's and fibromyalgia.

FREE Intro to Tai Chi Class

Join us to learn more about Tai Chi...

- Monday (Jan 16, 2012) 8-9 pm
- Call 978.475.2020 to reserve your spot!

Winter 2012 Sessions:

New 8 week sessions for beginners

- Thursdays (Jan 19) 10:30-11:45 am (Meg)
- Sundays (Jan 22) 8-9:15 am (Meg)
- Mondays (Jan 23) 8-9:15 pm (Paul)

What is Tai Chi (Taiji)?

Tai Chi is a therapeutic exercise system derived from Chinese martial arts focusing on the circulation of chi (Qi), or "life energy" found within all living things. Sometimes called "moving meditation", millions around the world practice it daily as a gentle, stress reducing exercise.

What is Chi Kung (Qigong)?

Chi Kung means "breath work" and is a distillation of several ancient healing systems. It is based on the cultivation and balance of "Qi," which roughly translates to "bioenergy". Chi Kung helps to increase energy and stamina through the oxygenation of cells within the body.



For more info on
Paul Blake & Meg Holmes,
visit our website



YMAA
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See back for registration info

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