

# ***Classes currently forming! Register NOW!!!***

## **Beginning in January!!**



**Introductory 6-week sessions**

**No mat, special clothing or experience necessary!**

**2 Classes offered, take them separately or as a set!**

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### **1.) QIGONG & “Tai Chi Flow” Exercises:**

These easy, mindful “Energy Exercises” consist of gentle movements and stretches, coordinated with productive breathing. The practice will leave you feeling relaxed, refreshed and re-energized! This is a lovely stand-alone class and a great place to start your practice. It’s also a wonderful “warm-up” to the “Form”.

### **2.) Tai Chi Traditional Wu Style Long FORM:**

This peaceful practice is also known as “Meditation in Motion”. Rooted in the martial arts, it is balanced with a focus on the internal energy arts. Dedicated practice to the fluid sequence of movements will enhance balance, breathing, and wellbeing. Although this can be taken as a standalone, it’s recommended to pair it with the Qigong class as a “warm-up”.

### **3.) TRADITIONAL PRACTICE SET of Qigong + Form**

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#### **- Wednesday Evenings**

January 9-February 13 (6-weeks)

5:00-5:45 pm: Tai Qi Flow & Qigong Exercises (\$60)

5:45-6:45 pm: Traditional Wu Style Long Form (\$60)

*Experience the benefits of both for only \$90/6-week session!*

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#### **- Thursday Mornings**

January 10-February 14 (6-weeks)

9:15-10:00 am: Tai Qi Flow & Qigong Exercises (\$60)

10-11:00 am: Traditional Wu Style Long Form (\$60)

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**Register** at PFMAC, stop by, or call them at 440-888-KICK or 216-410-3443

For questions or more information contact Barb at: [BarbP.BWell@YMail.com](mailto:BarbP.BWell@YMail.com) or 440-884-8237