

## Autumn Qigong & Intro to Tai Chi

**Tune in to the Fall season with Qigong for lungs. Fall compels us to let go of the old in order to make room for new inspiration. In this class you will:**

- **Boost Your Immune System for the “Cold Season”**
- **Learn Specific Exercises to Cultivate Power and Strength**
- **Energize Your Lungs**
- **Build a Store of Qi for Winter**



**After warming up with Autumn Qigong you'll be introduced to Yang style Tai Chi for health, a complete system of exercise in which the practitioner's mental focus, breathing, and movement are connected. This focus on whole body coordination and mind-body connection trains you to move more efficiently and reduces physical stress on the joints and tissues.**

**Saturday, Nov 17 10-11:30am**

**Nadine's Dance Center, 63A Rogers St, Gloucester**

**Cost: \$25 (\$20 current students)**

**Advanced registration required via email or phone**

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