

# TAI CHI / QIGONG

*for balance and fall prevention*



**6-WEEK PROGRAM:**  
**Feb. 12 through Mar. 21**  
**Class meets Tuesday and Thursday**  
**from 12 to 1 p.m.**

**COST:** \$85 / person

**MORE INFO:**  
To register, please call  
**970.384.7158**

Tai Chi is an ancient system of gentle flowing movements that emphasize softness, relaxation, meditation and integration of mind and body.

Qigong is an ancient Chinese health care system integrating physical postures (moving or stationary), breathing techniques, and focused intentions. The practice increases Qi energy to cleanse and heal the body.

Both practices can reduce the risk for falling, and help to increase mobility, flexibility, strength, and balance. Regular practice allows participants to activate healing mechanisms, improve the immune system, reduce stress, and create positive feelings.

There have been proven benefits of Tai Chi and Qigong in landmark studies by Harvard Medical, Johns Hopkins, Mayo Clinic and other major medical and health organizations.

Movements can be tailored to an individual's physical limitations. Wear comfortable clothing.



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