

Qi Gong & Tai Chi

*With Roma Korn, M.A. Certified Tai Chi,
Qi Gong and Yoga Instructor*

Qi Gong -Wednesday at 4pm beginning January 2, 2019

Tai Chi -Monday at 3pm alternating every six weeks with
Ray Korda-currently in session

QIGONG and TAI CHI FOR HEALTH and HAPPINESS

Qi Gong is an Ancient Chinese system of exercise. It can be described as a healing art form that entails breathing exercises integrated with physical postures, mental relaxation and meditative breathing. Qi Gong has tremendous health benefits, but it is also used for energy cultivation and peace of mind.

Tai Chi began as a martial art form that originated in China, but is today popular worldwide, not so much for combat preparation, but for its health benefits: improved balance and flexibility, muscle strength, and the avoidance of falls. Tai Chi leads to greater vitality and joy!

Both Chinese exercise systems have gained broad popularity, not only for their health benefits, but also for their psychological and spiritual benefits. Millions of people all over the world are now practicing Tai Chi and Qi Gong for recreation, exercise, relaxation, preventive medicine, self healing, and for finding inner peace, balance, and harmony with life.

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