



QiGong

WITH GERRY KLASSEN

QiGong literally means: "Life Energy Cultivation". It is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy and martial arts, Qigong is traditionally viewed as a practice to cultivate and balance (chi), translated as "life energy".

Gerry Klassen studied Tai Chi and Qigong and became a fully certified instructor in August 2016. Additional certifications include: Tiger and Dragon Hands, Easy Tai Chi and Flowing Spirit Qigong.

Session runs July 31 – September 11

Tai Chi and Qi Gong meet on Monday's at 3PM in the AC Room. Classes run alternately in 6 week sessions.

Both classes are low impact and excellent for all ages.

Comfortable shoes and clothing required.

No class on Labor Day

TAI CHI

WITH RAY KORDA



Tai Chi is an ancient Chinese system of exercise often referred to as a moving meditation. It's benefits include: increased lung capacity, stimulated circulation, greatly improved balance, and an overall feeling of relaxed energy.

Your instructor, Ray Korda, has over 40 years of Martial Arts and Tai Chi teaching experience, and holds an 8th degree black belt in Kenpo Karate.

Session runs September 18 – October 23