



Hiruko™

# Tai Chi Easy™

Tai Chi Easy™ is a carefully developed method and approach to access the healing benefits of Tai Chi in a simple, effective, and fun way. Called “medication in motion” by the Harvard Health Publications (May 09), Tai Chi:

- Promotes overall well-being, inner peace and calm, healthy aging and longevity
- Helps to cope and manage arthritis, low bone density, breast cancer, heart disease, heart failure, hypertension, Parkinson’s disease, sleep problems, and stroke

## Join our next Tai Chi Easy™ session: February 23 - April 22

In nine weeks you will learn how to **improve your health** and **manage stress** in your daily life by doing easy to learn, yet profound, combinations of movement, massage, meditation, and breathing. You will be able to apply what you learn and practice anywhere, anytime. Open to all levels.

**Tuesdays** 10:00-11:15 AM (9 wk session starts 2/23/10)  
**Thursdays** 7:45-9:00 PM (9 wk session starts 2/25/10)

Cost: \$145/session\*

\*Sign up before February 18<sup>th</sup>, and get a \$10 discount.

Sliding scale is available.

Tai Chi Easy™, developed by Dr. Roger Jahnke, author of *The Healing Promise of Qi*, and *The Healer Within*, a doctor of Chinese Medicine with 30 years of clinical practice plus 45 years of Qigong (Chi Kung) and Tai Chi (Taiji), combines practices, selects a few of the most profound and gentle Tai Chi movements and simplifies them into an *easy to learn and do* set of movements. Tai Chi Easy™ can be done by people of all ages and conditions in as little as 2 movements or as many as 5, either standing still, walking or sitting in a chair.

### Also, don't miss these free seminars & practices coming soon!

<b>Monday</b>	Feb 8	Health Benefits of Tai Chi	7:45-9:15 PM
<b>Thursday</b>	Feb 18	Health Benefits of Tai Chi	12:00-1:30 PM
<b>Wednesday</b>	Mar 17	PBS Qigong Documentary	7:45-9:15 PM