

Daily Health & Wellbeing with Qigong/Tai Chi

Masonic Village – Irem Clubhouse – Dallas, PA – 570.675.1866

9 week program – Thursdays March 21 through May 23 – 4:00 – 5:00PM

Program cost: \$50 - March 21 session is FREE

Hello Friends,

It's been a while and I've missed you all. I took advantage of our time apart to design a daily routine based on the rich tradition of Chinese Health Practices, primarily Tai Chi and Qigong (pronounced 'chee gong'), to address your health and wellness needs. Many of you have been long-time students of my Tai Chi for Arthritis classes, and I've combined many of the exercises from that program into this new daily routine.

One of the most difficult aspects of incorporating a health routine into your already busy life is, "Where am I going to find the time?" With that in mind, I've kept the routine easy to learn, easy to remember, and most of all, fun to perform!

This program will focus on overall health and wellness from the Chinese perspective and include health tips, exercises and gentle movements that benefit circulation, balance, lymphatic health, breath, immune system, digestion, and also provide a vehicle to cultivate a calm and peaceful heart.

This twenty minute routine will consist of:

WARM-UP:

- Tapping the body to stimulate circulation (blood and nerve flow)
- Movements including a few exercises from the Tai Chi for Arthritis warm-up series
- Focused breathing with movement to circulate internal energy and calm the system

SWINGING MOVEMENTS:

- Swinging movements ideal for stimulating and enhancing lymphatic function

EXERCISE FORM:

- Soaring Crane (gentle bending, stretching and side to side movements)

REGULATING/BALANCING – MOVING MEDITATION

- A gentle yet effective exercise to regulate, balance and cool down.

Handouts listing all exercises will be provided for all participants.

Hope to see you all there!

Mark R.

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MARK R. REINHART

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