



Qigong Tai Chi Class

Tuesdays 7:15 to 8:15 PM

At

FIELDSTONE FARM

Therapeutic Riding Center

16497 Snyder Road

Chagrin Falls, Ohio 44023

Qigong Tai Chi is a powerful Health Maintenance Technique and Moving Meditation allowing the practitioner to balance body, mind and spirit.

According to the Mayo Clinic, scientific research has shown that Qigong Tai Chi offers numerous benefits beyond stress reduction, including:

- Reducing anxiety and depression
- Improving balance and coordination
- Reducing the number of falls
- Improving sleep quality
- Slowing bone loss
- Lowering blood pressure
- Improving cardiovascular fitness
- Relieving chronic pain
- Improving everyday physical functioning

Come and learn this ancient art with Certified Qigong Tai Chi Instructor Jeannie Koran in a relaxed and fun filled class. No experience necessary. All are welcome. Class fee 4 weeks for \$40.00 10% of the fee goes to TRC. For more information call 216-470-2334 or email rjk611@yahoo.com