

Tai Chi & Qigong

A Healthy, Fun Activity for All Abilities!

TRC Senior Village

346 E. 53rd Street (1 Blk. West of King Drive)
Thursdays at 11 a.m.

It's Good for You!

Taught by Anna York, Certified Qigong Teacher



Do You Have Any of the Following “Senior” Signs?

Stiff, hard to get going in the morning	Arthritis, aches and pains (here and there)
Balance not so good, afraid of falling	Asthma, breathing problems
High blood pressure, heart problems	Multiple sclerosis, Neurological disease
Stroke, Parkinson's, Diabetes	Stressed out Low energy

Doctors Recommend Tai Chi & Qigong

Tai Chi is in the news daily because of its health benefits for all of the above--and especially for seniors. Research confirms over and over again that Tai Chi and Qigong are great for recovery from trauma and even better for maintaining health and wellness.

What Is Qigong?

Qigong (Chi Kung) is the world's most popular form of exercise! Yes, it's true, more people in the world on any given day will be doing Qigong than aerobics, jogging, cycling or any other exercise we commonly do in the United States. Millions of people in China do Qigong and Tai Chi as part of their regular daily health regimen.

Everyone Can Do It!

Slow, gentle movements build strength, balance, coordination, flexibility. Deep breathing builds energy. All movements can be done seated or standing.

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