



Gentle Tai Chi - Qigong

Friday 1 pm

Gentle Tai Chi - Qigong consists of breathwork, gentle stretches and movement that help improve circulation and release stress. These stationary moves are an ideal form of exercise for anyone that has balance issues.

This class starts with 30 minutes of warm-up activities from the 4000-year-old practice of Qigong (Chee-gong):

- Stretches
- Breathwork
- Movements to stimulate/improve:

Joint flexibility

Circulation

Posture

Relaxation

The second half of class focuses on stationary movements taken from the 2000-year-old practice of Tai Chi. Each movement is repeated 3-5 times to each side using either gentle forward-back or side-to-side rocking motions.

These moves help improve:

Balance

Brain health

Stamina

Core Strength



Gentle Tai Chi Sequences

Tuesday 1 pm

Gentle Tai Chi Sequences is slightly more rigorous than the Gentle Tai Chi - Qigong class. Individual moves from Gentle Tai Chi - Qigong are combined in continuous fluid sequences that are stationary.

This class starts with 15-20 minutes of Qigong (Chee-gong) warm-up activities.

The remainder of the class is spent working on sequences of moves from Gentle Tai Chi. Each sequence consists of moves with similar philosophical concepts.

Working on a sequence utilizes and improves:

Memorization

Fluidity of motion

Transitions between moves

Extended stamina

Correct arm and body position

All 3 Gentle Tai Chi classes can be done sitting or with the support of a chair or walker if needed.



Crane Dance - Gentle Tai Chi

Saturday 9:15 am



Crane Dance is a gentle form of tai chi that is both mindful and meditative. Stationary crane, qigong, and tai chi moves are taught and combined in a continuous fluid sequence that tells the story of Young Crane finding his "Great Purpose".

This class starts with 15 minutes of Qigong (Chee-gong) warm-up activities.

The remainder of the class is spent learning and practicing the Crane Dance moves and sequence.

\$15 drop in per class

\$52 per for a 4-punch card

Cards can be used for all Gentle Tai Chi classes

- Wear comfortable loose-fitting clothes
- Can be done barefoot or in flat shoes

All classes are available live on ZOOM

www.taichitrudy.com

trudy@taichitrudy.com 602-345-0496

2848 S. Carriage Lane, Mesa AZ 85202



Gentle Tai Chi-Qigong Gentle Tai Chi Sequences Crane Dance - Gentle Tai Chi



Gentle Tai Chi was developed specifically for seniors and people with Parkinson's but is great for everyone.

Gentle simple movement is incorporated with the breath to promote relaxation, improve circulation, stimulate neural pathways in the brain, strengthen inner core muscles, and build muscle stamina.

Excellent safe exercise for:

- Balance issues
- Joint surgery/replacement rehab
- Respiratory or prolonged illness recovery

Taught by Trudy Sherman
Certified Tai Chi instructor