



*"I originally enrolled in this class to improve my balance and for the meditative aspects. But it also turned out to be fun as well. Nancy is an excellent and patient teacher and I highly recommend the class." - Cheri Trombley*

*"I have so enjoyed the Tai Chi Easy class with Nancy Little. Her positivity & good humor infuse the class. Very peaceful & relaxing learning." - Frances Chickering*

## **Tai Chi Easy™ consists of**

**A mild mix of Qigong and Tai Chi very similar to Tai Chi Easy Fundamentals though it is more challenging and progresses more rapidly.**

**Tai Chi Easy classes contain more standing and holding of postures and includes:**

**Postural alignment, gentle movement, self-massage, and meditation.**

**The goal of these classes is to have fun, keep moving, and meet some like-minded individuals!**

## **Health Benefits of Tai Chi Easy™**

### **STRESS RELIEF**

**Induces a relaxed, meditative state of mind that helps to relieve stress.**

### **BALANCE**

**Emphasis on good posture and shifting of weight from foot to foot improves balance.**

### **HEART HEALTH**

**Lowers your heart rate, lowers blood pressure and increases circulation by dilating the blood vessels**

### **IMMUNE BOOST**

**Gets your lymph flowing, eliminating and toxins and carrying specialized immune cells to fight disease.**

### **MENTAL FOCUS**

**Calms your mind by slowing down brain wave patterns and improves focus and attention.**

**Tai Chi Easy™ uses the power of healing imagery and affirmation and promotes a positive attitude.**

**Note: Dates and times are subject to change. Please verify when you sign up.**

TCE classes to be held at [Integrated Massage and Wellness](#)

TCE Level 1:	5:30 – 6:30 PM	September 12, 19, 26 and October 3
TCE Level 1 <u>repeat</u> :	9:00 – 10:00 AM	October 13, 20, 27 and November 3
TCE Level 2:	9:00 – 10:00 AM	November 10, 17 and December 1, 8

**See you there!**