



# NEW BEGINNER T'AI CHI CLASSES

## Spring Session

May 7 — July 9

Thursdays at 6:45 — 7:45 p.m.

10 Weeks @ \$120.00\*

South Presbyterian Church

4 E. Henrietta Rd.

(near the intersection of Mt. Hope)

Park & Enter through the back

\*First class is a free trial for newcomers

Taijiquan (T'ai Chi Ch'uan), pronounced, "tie chee chwan," is an ancient Chinese exercise that blends medicine (self healing), meditation and the martial arts. It is most notable for its slow, steady and rhythmic movements that are oftentimes seen practiced by groups of people outdoors.

Our form is the Yang Style, Short Form as taught by Professor Zheng Manjing (Cheng Man-ch'ing). We teach the 37 postures linked by flowing movements that fully exercise the body, the mind and the spirit.

During the practice, you become aware of the bodymindspirit and its inseparable connection with the subtle energy of breath or "qi" (pronounced chee). Qi is the *life force* or energy that infuses everything living. Life is movement! Even stillness has energy. We will explore the many different qualities of qi energy in our classes.

Taiji has been known to create a relaxed state because it reduces tension and increases vitality. "A gentle exercise, performed in a calm and peaceful manner, a benefit to all, regardless of age or condition!"

Diane Macchiavelli, L.Ac., student of Robert W. Smith, is a long time Taiji practitioner. She has studied the Ancient Chinese Philosophies including Taoism and Buddhism for over 35 years. Diane has a private Classical Five-Element Acupuncture® practice in Brighton. She gratefully continues to learn from these profound modalities.

Need more info?

Diane: [www.qistream.com](http://www.qistream.com) or 242-9518 days