

TAI CHI CHUAN

Learn the flowing, graceful movements of Tai chi chuan. Tai chi has shown to reduce blood pressure, improve balance and even build brain size! Tai chi looks like slow motion Kung Fu but most people use it as a moving meditation to reduce stress and tension while improving flexibility, leg strength and the flow of “Qi” or life force.

Thursdays, 11 am - 12 noon - Mixed level Tai Chi, open to beginners

Classes are ongoing. Check Gary's website for Summer schedule, www.relaxrenew.com, cell - (862) 208-9702.

Location: Little Falls Recreation Building, 160 Paterson Ave., Little Falls

Fee: \$6 per class, \$3 for those 60 and older.

Mr. McCabe has over 25 years of experience teaching Tai chi chuan.

QIGONG FOR HEALTH

Join us in a Qigong (pronounced “Chee Gung”) class consisting of simple stretching, range of motion, mindful movements, breathing exercises and a brief stress reducing meditation. Self-healing techniques and key acupuncture points are included. Qigong is easier than Tai Chi Chuan because there are no linked movements to memorize in this style. Each exercise is easy to do and not strenuous. Qigong trains your mind as well as your body; relieving stress while building balanced energy.

Tuesdays, 11:00 AM – 12:00 noon

Everyone is welcome

Little Falls Recreation Building

160 Paterson Avenue, Little Falls

Fee: \$6 per class, those 60 and over, \$3.

Instructor: Gary McCabe is Internationally Certified in Qigong and has been teaching Qigong for over 15 years.

Website: www.relaxrenew.com, cell 862-208-9702