

Qui gong and Tai chi classes in the Yagle Community Center

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion," but it might well be called "*meditation* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

Qi gong and tai chi are relaxing ways to improve your flexibility and balance. Both are great ways to stay active and vital. The gentle, flowing movements are easy on the joints.

Our instructor, Don Drolet, received training at the Tai Chi for Health Institute. He is Silver Sneaker and Silver and Fit certified.

These classes presently have no fee, and are open to Churchill residents. Residents may bring up to two guests with them. Registration prior to attending class via a phone call or email to the borough office is requested but not necessary. A liability waiver form - available on our churchillborough.com website - must be signed prior to class.

Class dates: May 9, 11, 23, 30th. June 6, 20, 27, 29th The one hour class will begin promptly at 6:45, so please plan to arrive a few minutes early, especially if you need to register and sign a liability waiver form.