

EXPLORING MOVEMENT, EXPLORING STILLNESS

Wednesdays • 11:15 am



What is the workshop?

An introduction of core principles of Tai Chi and QiGong. Expanding on skills learned in Tai Chi for Better Balance, join Jim Dalton in discovering the principles of Tai Chi through Active Relaxation, Strength Training, and Structural Integration. These are just some of the principles we will explore as we move together, breathe together, change together.

- Regular practice brings together renewed focus, kinesthetic awareness, and emotional harmony
- Regular practice begins in the workout studio and can be integrated into all our daily activities the rest of the week.
- Aging is inevitable, but suffering is optional, AND transformation is possible.
- Embodied Wellness can be ours if we practice together.

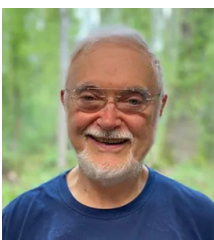
“Silence is essential. We need silence, just as much as we need air, just as much as plants need light. If our minds are crowded with words and thoughts, there is no space for us.”

–Andō at Silentium

You are invited to move with Jim in weekly sessions to explore new techniques of QiGong and Tai Chi on the road to Wellness.

Pricing: \$25/class drop in or use a class out of your 5 or 10 class pass!

Sign up at class sign up at www.connectoregon.com.



Featuring Tai Chi Instructor, Jim Dalton

Connect & Beyond
Physical Therapy

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