

## Tai Chi and Qigong Zoom Classes

with Jan Stittleburg

### Tai Chi Basics

Mondays at 10 AM

Have you ever wanted to try Tai Chi but were unsure if you could do it? Or tried a Tai Chi class but quit because it was too difficult? This class is for you! Rather than focussing on a series of forms, we are concentrating on the basic elements of movement; balance, harmony of upper and lower body, relaxing into the movements. This class will be for those who can stand and do some basic stepping. A sturdy chair nearby is helpful if you feel the need for extra balance.

### Qigong

Mondays at 1:30 PM

Qigong is just the Chinese version of exercising, with gentle stretches and balance oriented movements. This class is for beginners, you can do the moves seated or standing. Our focus is on moving in time with our slow and steady breath. A sturdy, armless chair is advised for balance, or if you prefer to sit.

Classes are on a donation basis, suggested price is \$4 per class, or \$16 per month. Click on **this link** to go to my payment portal. Email me to get the Zoom login info: **harmony@qimovingmeditation.net** or call 678-524-1998

Interested in a more advanced Tai Chi class? Let me know, and I will get that scheduled.

Please visit my website <https://QiMovingMeditation.net> for additional information about Tai Chi, Qigong, and me.

