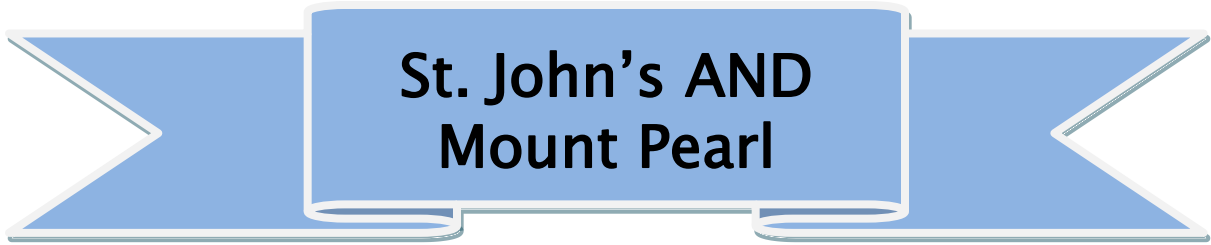


T'ai Chi Chih Joy Thru Movement



With Sheila Leonard, PBVM
Accredited T'ai Chi Chih® Teacher



Winter 2012 Class Schedule Starting week of January 16th

*** Because of allergies, please keep sessions as scent-free as possible. Thank you! ***

Please pre-register for weekend courses by the Thursday before - will only go ahead if enough pre-register.
Please pre-register with the Mews/Wedgewood Rec Centre for the courses there. (709-576-8499)
Registration for the 8-week Lantern and Mount Pearl sessions takes place at each first class there.

8-WEEK BEGINNERS COURSE (once a week) (Cost: \$70)

Mondays 10:30 - 12:00 noon Wedgewood Park Centre 3:30 - 5:00pm Mews Centre, St. John's
Tuesdays 1:30 - 3:00pm The Lantern, 35 Barnes Road, St. John's
Wednesdays 6:45 - 8:15pm St. Peter's Parish Hall, 110 Ashford Drive, Mount Pearl
Thursdays 10:30 - 12:00noon and 7:00 - 8:30pm The Lantern, 35 Barnes Road, St. John's

8-HOUR WEEKEND BEGINNERS COURSE (Cost \$70)

Weekend of January 20th/21st at St. Peter's, Mt. Pearl, and February 17th/18th at The Lantern
Friday 6:30pm - 9:15pm and Saturday 9:30am - 4:15pm (Lunch 12:00 - 1:30)

8-WEEK BEYOND BEGINNERS COURSE (once a week) Cost: \$70

(Open to returning students who have already done at least one full T'ai Chi Chih course)
Tuesdays 7:30 - 8:45pm The Lantern, 35 Barnes Road, St. John's
Wednesdays 1:30 - 2:45pm The Lantern, 35 Barnes Road, St. John's
Wednesday 8:30 - 9:45pm St. Peter's Parish Hall, 110 Ashford Drive, Mount Pearl

What is T'ai Chi Chih? T'ai Chi Chih is a series of 19 gentle movements and one closing pose designed to circulate and balance the flow of Chi, the vital universal cosmic energy within our body. The more freely it flows, the more fully alive we are in body, mind and spirit. Can be easily learned by all ages. Can also be done seated.

Benefits of T'ai Chi Chih

Specific reported benefits vary from person to person and include such things as:

- a greater sense of overall well-being
- relaxation and relief of daily stress
- increased energy and stamina
- improved balance and flexibility
- expanded creativity and awareness
- enhanced mental focus and clarity
- regulation of blood pressure
- regulating metabolism/weight
- better posture and circulation
- improved immune system response
- relief from arthritic symptoms
- improved sleep
- improved bone density
- growing serenity amidst activity

As one student summed it up, "Doing it just feels good!"

For further information contact:

sheilaleonard@nf.sympatico.ca

Telephone: 709-579-7863 or 709-727-7863

www.taichichihnl.ca

NEW AS OF JANUARY 2012!

Fax: 709-579-7863 (Please call first so I can plug it in.)