



Seasons of Life Empowerment LLC

Integral Tai Chi & Qigong

Energetic Wellness Education and Practice

Present Mind Body Classes at Scheig Center, 1313 Witzke Blvd, inside Appleton Memorial Park.

To Register go to <https://appletonparkandrec.org/programs-activities/>.

Classes are under Fitness & Wellness and Youth Programs.

**8 Week Introduction to Tai Chi Easy™. Tuesday's June 11- August 6, no class July 2.**

**4:45 - 5:45 p.m. Fee- \$70**

This course consists of both tai chi and qigong movements – a warm up and a cool down, self-massage, breath exercises, and meditation. Participants develop their abilities to focus and concentrate in a deep state of relaxation. Practicing tai chi and qigong can help you manage stress and pain, reduce anxiety, improve sleep, mood, balance, and stamina. No experience necessary.

**8 Week Tai Chi & Qigong Practice Group, Tuesday's June 11-August 6, no class July 2.**

**6:00 – 7:00 p.m. Fee- \$70**

These Tai Chi/Qigong Practice sessions are for those students who have previously taken the Tai Chi Easy course. We will continue to practice the Tai Chi 5- Tai Chi Easy system to include self-acupressure, breathing and meditation. We will also continue to learn additional tai chi and qigong movements.

**Qigong Animal Frolics for the Family Class, July 20**

**9-9:45 a.m. Fee- \$10 for family of 4**

Qigong Animal Frolics are some of the oldest and most popular and graceful of all Qigong exercises. Become grounded as you become the Bear, graceful as you become the Crane, and powerful as you become the Tiger. Discover how Animal Frolics are fun, imaginative and inspirational. No experience necessary.

**Nine Phases of Qi Cultivation Creating Extraordinary Wellness Day Retreat, Friday August 23**

**9 a.m. - 4 p.m. Fee \$149 (includes retreat, the book, *The Healing Promise of Qi* by Dr. Roger Jahnke, which includes detailed instruction on the form, philosophy and physiology, lunch, and a journal.) No experience necessary.**

Learn mind body practices to balance and improve the flow of your qi. Inspired by *The Healing Promise of Qi* by Dr. Roger Jahnke. When Qi is flowing through us, we feel healthier, vital, present, calm, more energetic and heal faster. When Qi is depleted and/or stagnant, we feel tired, crabby, anxious more vulnerable and less optimistic.

**Health & Wellness Coaching – three weeks long- 2-hour sessions, September 26, October 10, October 24**

**6-8 p.m. Fee-\$125** I invite you to experience a gentle, fun, highly effective process for making and sustaining the changes YOU truly want in your life!

Are you in dire need of more Self-Care? Do you feel “on purpose” with your life? Or are you feeling overwhelmed, confused and not on your right path? Is there an area of life where you are stuck and want to breakthrough into greater joy and fulfillment? Come and join us to turn your stumbling blocks into stepping stones!

Circle of Life Coaching is a comprehensive Mind/Body Health and Wellness Coaching System. It is a highly refined, step-by-step, comprehensive lifestyle design process that is easy to learn. Its six phases maximize accountability and supports continuous improvement for work-life balance, stress management, better health, and peace of mind. Social science research shows that setting goals and receiving even minimal support radically increases the chances for an individual's successes in life.