



The International Qigong Foundation, Inc

## *Qigong and Tai Chi Classes*

**June 9th - August 25th 2018**

O'Shaughnessy Center (Whitefish Theatre) Dance Studio

*First Class FREE! All ages and abilities welcome!*

### ***Beginner's Qigong: Inner Nourishing Qigong:***

In China, Qigong has served as an "effective" means of medical treatment playing an active role in preventing and treating diseases. It serves to protect and strengthen health, resist premature senility and prolong life. In ancient times, it was called, "the method to eliminate diseases and prolong life". We offer classes in Neiyanggong Qigong (Inner Nourishing Qigong) specifically designed to promote health!

**When:** Each Saturday morning beginning June 9th to August 25th at **9:00 am**

**Cost:** \$110 for 12 classes, \$10 per class, \$12 drop in fee, ask about 67 and over senior discount

### ***Beginner's Tai Chi: Yang Style 24:***

Recent research suggests that through regular practice, tai chi provides stress relief and benefits health by improving balance, blood circulation, as well as helping to ease the pain of arthritis. This beginning course in Simplified Yang Style 24 is designed to introduce students to the fundamental movements and philosophy of tai chi and qigong. You will learn a basic series of "forms" creating a foundation for a "healthy" practice.

**When:** Each Saturday morning beginning June 9th to August 25th at **8:00 am**

**Cost:** \$110 for 12 classes, \$10 per class, \$12 drop in fee, ask about 67 and over senior discount

All classes are taught by **Karen Nesbitt**, a certified teacher with the **National Medical Qigong Training Base** in Beidaihe, China. For more information, **contact:**

The International Qigong Foundation, Inc, **406-889-3200 (text: 808-756-1510)** or **email: karen@internationalqigongfoundation.com.**

Please visit our website: **<http://www.internationalqigongfoundation.com>**