

West Melbourne Recreation Department Presents...

♥♥♥ Tai-Chi with Marie ♥♥♥

Tai-Chi and Qigong for Health and Happiness

Welcome “New Students” to the wonderful world of Tai-Chi and Qigong.

My name is Marie Conrad. I am a certified Master/Instructor for Tai-Chi and Qigong (Chi Kung). I am looking forward to providing instruction for a soft and gentle - yet extremely powerful - form of exercise, helping you...

*** Reduce Stress and Be Happy ***

*** Strengthen your Immune System and Slow the Aging Process ***

*** Improve Coordination and Balance ***

*** Boost your Metabolism and Lower your Blood Pressure ***

*** Build Confidence and Self Esteem ***

*** Improve your Circulation and Increase your Energy ***

“If you want to be healthy and live to 100, do Qigong.” -Dr. Mehmet Oz.

Class Description – Introduction to Basic Tai-Chi and Qigong

***** For any age and fitness level *****

Class Dates: Monday Mornings at 9 AM

Wednesday Mornings at 9 AM

Contact: WM Rec. Dept 321-837-7779 for more info

***** Please see reverse for more detailed Class information *****

♥♥♥ Tai-Chi with Marie ♥♥♥

Tai-Chi and Qigong for Health and Happiness

* When: Monday Mornings at 9 AM
Wednesday Mornings at 9 AM

* Location: Veterans Memorial Complex
2285 Minton Road, West Melbourne, FL 32904
321-837-7779

*** Free Registration *** First Class FREE ***

- Cost: \$36.00 per month (4 classes) or \$65.00 (8 classes)

*** For ALL ages and ALL Fitness Levels ***

* Dress Attire: Loose fitting comfortable clothing and sneakers

* Class Info: Regardless of your level of fitness, you don't have to sweat or do a heavy workout to be healthy and fit. With Tai-Chi and Qigong, you can still achieve many health benefits without a lot of physical activity. Marie will take you through a combination of breath control routines, exercises, gentle movements, guided meditations and visualizations to nurture your physical body, mind and spirit.

Tai-Chi and Qigong give an overall sense of well-being. Most students report feeling comfortable and relaxed within minutes, but more importantly, they come away feeling much better mentally and physically.

People suffering from stress-related illnesses are among the first to benefit from long-term relief within weeks of practicing these exercises.

For More information about Marie Conrad please go to her website

www.TheChiWiz.com or call her at 727-481-1546

or you can email her at TheChiWiz@gmail.com