



Tai Chi / Qigong Classes

Mililani Recreation Center #3

Qigong Warm Up	Ba Duan Jin Qigong	Qigong for Detox & Organ Cleansing	Yang style Tai Chi
Range of motion exercises	Eight Sections of Silk Brocades	Breathing & centering	Basic stances
Energy tapping	Leg strengthening exercises	Flexibility & range of motion	Basic walking & changing direction
Slow repetitive movements	Gentle stretching in the core area	"Massage" internal organs thru movements	Repetitive practice of each movement
Breathing & relaxation	Flexibility for the spinal column	Slow repetitive stretching	Learn basic 16 step form
Brief standing meditation	Mental focus	Enhances balance & leg strength	Practice for improvement!

Instructor: Stuart Holloway

Qigong & Tai Chi practitioner & teacher since 1993

Website: www.InnergyCentreLLC.com

Location:

Mililani Town Association Recreation Center 3

Saturdays from 10:00am to 11:15am

Week to week, no contracts or sessions

Fee: \$5 per class with current MTA card (\$6 without)

