



QiGong and Tai Chi

Beginning/Continuing Tai Chi and QiGong

LV

Tai Chi (Yang Style): Taijiquan (grand ultimate fist) refers to a series of dynamic, connected postures strung together in a smooth, flowing manner. Within the postures are martial art aspects that are largely hidden. Class begins with QiGong sets and then moves on to emphasize the 24 posture Beijing style (Yang short form). This class is often taken on a continuing basis as a lifestyle endeavor.

Instructor: Beatrice DeFranco

Location: Longfellow Center

Tu, 8-9pm \$55/\$82

Apr 14 - May 19 #243070-01

Location: Dole Center, Studio 3

W, 9:15-10:30am \$55/\$82

Apr 15 - May 20 #243070-02

of weeks: 6 Min 6/Max 20

Tai Chi Workout

LV

This fast-paced class focuses on continuous flow and movement, using chi kung / tai chi forms to obtain a vigorous, low-impact workout. Students should have some previous experience with these or other martial art forms.

Instructor: John Lewis

Location: Andersen Center

Tu, 6:30-7:30pm \$55/\$82

Apr 14 - May 19 #243070-03

of weeks: 6 Min 6/Max 20

Tai Chi Colleagues - FREE!

LV

Join fellow Tai Chi students to refine, perfect, and practice your skills. This is a follow up of our Tai Chi classes at Dole Center. Must be currently enrolled in a fitness class to participate.

Location: Dole Center, Studio 2

M & F, 10:30-11:30am FREE!

Apr 13 - May 22 #243070-09

of weeks: 7 Min 6/Max 20

QiGong For The Season

LV

Experience the flow of energy (Qi) and the power of self-healing. Learn how to combine static and moving meditations with the Five Elements and cycles of nature to cultivate your energy garden. Season-specific foods will also be introduced. Many healthcare practitioners are discovering and recommending this Chinese bio-energetic system as a productive, integrative therapy that supports wellness through exercise. A gentle yet powerful form of moving meditation.

Instructor: Beatrice DeFranco

Location: Longfellow Center

Tu, 7-8pm \$55/\$82

Apr 14 - May 19 #243070-04

Location: Dole Center, Studio 3

W, 10:30-11:30am \$55/\$82

Apr 15 - May 20 #243070-05

of weeks: 6 Min 6/Max 20

Active Senior Tai Chi

LV

Energy work for opening and releasing the joints of the whole body begin in the chair and move progressively to standing. Yang Short Form taught at level appropriate to ability. Beginning/Continuing levels. See the Tai Chi/Qi Gong description for further explanation.

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Location: Dole Center, Studio 2

Instructor: Beatrice DeFranco

Th, 10:30-11:30am \$50/\$75

Apr 16 - May 21 #243070-06

of weeks: 6 Min 6/Max 20

LOTTERY!

Lottery Deadline is Noon, March 12.
Please read lottery info on page 81.

Are you age 50 or better?
Sign up for an Active Adult Membership today and save on select Park District programs! See page 67 for more information.

Mind & Body Fitness

Awareness Through Movement®

Feldenkrais Method®

LV

Resilience of Mind & Body for facing life's challenges! If you'd like to feel more 'at home' and 'at peace' in your body, this is the class for you. Current students are amazed at the reduction of pain and the improvement of balance and flexibility. This class integrates healthy biomechanics, core exercises, meditation, and clarity of intention.

Instructor: Mary Susan Chen, PT (Guild Certified Feldenkrais®)

Location: Dole Center, Studio 2

W, 9-10am \$55/\$82

Apr 15 - May 27 (No class 5/6) #243070-07

Th, 6-7pm \$55/\$82

Apr 16 - May 28 (No class 4/30) #243070-08

of weeks: 6 Min 6/Max 20

Spring in Your Step Workshop

Renew ease, lightness, and balance in your walking while you stimulate your brain with Awareness Through Movement lessons of the Feldenkrais® Method. Gracefulness and spontaneity can be yours again. Lessons are done standing, walking and lying on mats. Dress in layers for comfort.

Instructor: Mary Susan Chen, PT (Certified Feldenkrais®)

Location: Dole Center

Sa, May 9 \$37/\$56

12:30-3:30pm #243100-01

Min 6/Max 18

Wondering where to go? See map on pages 78-79!