

## 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

Jun 2 - Jul 7 #343070-01

Jul 21 - Aug 25 #343070-13

Location: Dole Center, Studio 3

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

Jun 3 - Jul 8 #343070-02

Jul 22 - Aug 26 #343070-14

# 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

Jun 2 - Jul 7 #343070-04

Jul 21 - Aug 25 #343070-11

# 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!

Jun 1 - Jul 10 #343070-10

Jul 20 - Aug 28 #343070-12

# of weeks: 6 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

Jun 2 - Jul 7 #343070-05

Jul 21 - Aug 25 #343070-15

Location: Dole Center, Studio 3

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

Jun 3 - Jul 8 #343070-06

Jul 22 - Aug 26 #343070-16

# 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.

Instructor: Beatrice DeFranco

Location: Dole Center, Studio 2

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

Jun 4 - Jul 9 #343070-07

Jul 23 - Aug 27 #343070-17

# of weeks: 6 Min 6/Max 20

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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

Jun 3 - Jul 15 (No class 6/17) #343070-08

# of weeks: 6 Min 6/Max 20

# LOTTERY!

**Lottery Deadline is Noon, May 14.  
Please read lottery info on page 81.**

