



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/\$83
Jan 6-Feb 10	#143070-01
Feb 24-Mar 31	#143070-10

Location: Dole Center, Studio 3

W, 9:15-10:30am	\$55/\$83
Jan 7-Feb 11	#143070-02
Feb 25-Apr 1	#143070-11
# 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.

Location: Andersen Center

Instructors: John Lewis

Tu, 6:30-7:30pm	\$55/\$83
Jan 6-Feb 10	#143070-03
Feb 24-Mar 31	#143070-12
# 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/\$83
Jan 6-Feb 10	#143070-04
Feb 24-Mar 31	#143070-13

Location: Dole Center, Studio 3

W, 10:30-11:30am	\$55/\$83
Jan 7-Feb 11	#143070-05
Feb 25-Apr 1	#143070-14
# 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.

See the Tai Chi/Qi Gong description for further explanation.

Location: Dole Center, Studio 2

Instructor: Beatrice DeFranco

Th, 10:30-11:30am	\$50/\$75
Jan 8-Feb 12	#143070-06
Feb 26-Apr 2	#143070-15
# of weeks: 6	Min 6/Max 20

Are you age 50 or better?
Sign up for an Active Adult Membership today and save on select Park District programs! See page 59 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.

Location: Dole Center, Studio 2

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

W, 9-10am	\$55/\$82
Jan 7-Feb 11	#143070-07
Feb 25-Apr 1	#143070-16
Th, 6-7pm	\$55/\$82
Jan 8-Feb 12	#143070-08
Feb 26-Apr 2	#143070-17
# of weeks: 6	Min 6/Max 20

NEW! Core Intelligence Workshop

LV

Most of us grew up with touching our toes and timed sit-up tests. Since then our exercises have evolved, and so must we. In order to use the deep intrinsic muscles of our core and organize the power of the pelvis, we must recruit the essential organ of the brain. This workshop will explore using the mind to experience our core as a strong, flexible, and functional part of ourselves. We will use the Feldenkrais® Method of body awareness, as well as basic anatomy, to improve our sensory-motor intelligence and develop a healthy core.

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

Location: Dole Center

Sa, Jan 31	\$37/\$56
12:30-3:30pm	#143100-01
	Min 6/Max 18

LOTTERY!

Lottery Deadline is Noon, Dec 18.
Please read lottery info on page 73.