

# Mindful Movement

## Monday – Coming in 2020

Beginning Monday, January 13th, MRD will be offering Tai Chi with Jan Graves following our 4:30pm Yoga Class. Tai Chi will begin at 5:45pm in the Fit Zone and will run from January 13th, through the end of March. Continuation of classes beyond March will depend on class participation rates

Tai Chi is known as moving meditation and can be done by anyone, anywhere! This form (based on Sun Style & some Chen) is extremely gentle on joints and increases strength in the back and abdominal muscles.

It is excellent for improving balance, easing stress, relaxing and invigorating the body all while quieting the mind. Tai Chi movements flow from one to the next as if it is a slow moving martial art form/meditation practice. Tai Chi originated in China and has been around for thousands of years. This incredible practice is now being recognized as a way to help ease the discomforts of arthritis, diabetes, and low back pain...just to name a few conditions.

Jan Graves is a Board Certified Tai Chi Instructor for Health and Energy, a 500-Hour E-YT Registered Yoga Instructor with Yoga Alliance and an Integrative Yoga Therapist (Urban Zen Integrative Therapy –UZIT). The programs she instructs are designed for everyone from the novice to the advanced.



*Thank You,*

*MRD Staff*

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