

Tai Chi Healing Energies Class Offerings and Events for December 2024

Events for December:



Free Event

Movements & Meditations For Holiday Stress Workshop

Bowman Library, Dec. 7th, 2:00-4:00 PM

Location: 871 Tasker Rd. Stephens City, VA 22655

Join us for Movements & Meditations for Holiday Stress (and every other time of the year, too!) In this workshop, presented by **MoveMentation**, attendees will explore short and easy to learn movement sequences from Classic Chinese Medicine and their accompanying meditations, each used for millennia to help manage stressful situations and bring added balance to daily life.

Workshop will be taught by Dr. Lyle Wilson and Adrian VanKeuren of MoveMentation.

Class Descriptions:

Women's Qigong Group:

This Women's Qigong Group is for those women who are wanting to deepen their connection with themselves, physically and energetically, while also forming and deepening connections with other powerful women. (Hint, that's ALL women!) We'll use various Qigong movements and sets to connect into our own bodies and get to know them on the physical and energetic level as we move together. Attendees can expect a group that flows from connection and conversation to movement and back again during each hour and a half long evening class, held at the Body Elite Wellness center. All women (18+, please!) should feel very welcome to attend this group, where building a container of safety and peace to practice Qigong inside of is paramount. No matter your current mobility or health projects, please attend if you feel called to do so. This group will be 100% donation based, and contributing your energy to the group will be considered a full donation.

Limited-Mobility Friendly Practical Tai Chi:

Adrian's Practical Tai Chi classes are a blend of tai chi and qigong, designed to connect each practitioner more deeply with their self, focusing on proper body structure and grounding, while strengthening the entire body. The limited-mobility friendly designation means that those with limited mobility or needing support (chair, etc.) should feel very welcome to attend and request modifications of all movements taught.

Yang 37 Posture Short Form Practice class description:

All Yang 37 Posture Short Form classes start off with gentle qigong warm-ups to cultivate energy and get our bodies warmed up. We then primarily focus on learning or refining our understanding of the Yang 37 Posture Form, while deepening our relationship with our bodies' physical and energetic systems. Strengthening the entire body while staying grounded is emphasized.



"Those without prior tai chi or qigong experience should reach out to Adrian to determine which class is the best fit"