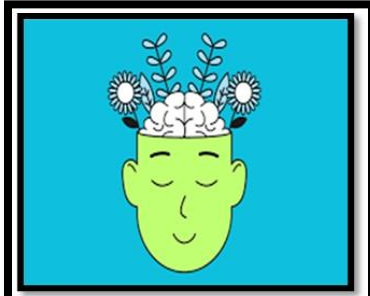


Adrian VanKeuren's Class Offerings and Events for March 2025



Free Event at Bowman Library, Mar. 22nd 1 PM Stephens City, VA:

Join MoveMentation's teaching team, Adrian VanKeuren and Dr Lyle Wilson, as they co-present this much-anticipated workshop on brain health! We'll talk tips and tricks for improving overall brain health, learn a short series of tai chi movements to help challenge our brain, and discuss acupuncture points to stimulate brain activity.

Adrian and Lyle are thrilled to be joined by special guest speaker Ann McQuinn, RDN of True Wellness, LLC; Ann will be sharing nutritional tips on eating properly for brain health.

Join us at the **Godfrey Miller Center** – 28 S. Loudoun St. Winchester, VA 22601

March 12th 11:00 AM - Noon Practical Tai Chi & March 26th 11:00 AM – Noon Practical Tai Chi

Hosted By MoveMentation's Executive Director, Adrian VanKeuren

Zoom Online Classes – You asked for online classes, here they are! Thursday, March 6th & March 20th, and alternating Thursdays thereafter, at 7 PM, join Adrian for a 45 minute Chill Qi class from the comfort of your home. Chill Qi will be perfect to help you connect into your body with various breathing, stretches, and movements, all calculated to help us wind down and relax.

Meeting ID 863 2693 2376

Password 021664

Looking forward to seeing you all there.

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"

