

March 2025

Adrian's Tai Chi/Qigong Class & Event Schedule

Medicinal Movement & Meditation

Bowman Library, Mar. 22, 1:00 PM

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BE- 9:30-10:45 Beg.YSF BE-11-12 P-TC
2	3 BE-3-4:30 PM Adv. YSF BE- 5:30-7:00 PM WQ	4 BE-5-6 PM Int. YSF	5	6 OPC-10:30-12 Adv. YSF Zoom- Chill Qi-7-7:45	7	8 BE- 9:30-10:45 Beg.YSF BE-11-12 P-TC
9	10 BE-3-4:30 PM Adv. YSF BE- 5:30-7:00 PM WQ	11 BE-5-6 PM Int. YSF	12 GMC 11-12 P-TC	13 OPC-10:30-12 Adv. YSF	14	15 BE- 9:30-10:45 Beg.YSF BE-11-12 P-TC
16	17 BE-3-4:30 PM Adv. YSF BE- 5:30-7:00 PM WQ	18 BE-5-6 PM Int. YSF	19	20 OPC-10:30-12 Adv. YSF Zoom- Chill Qi-7-7:45	21	22 BE- 9:30-10:45 Beg.YSF BE-11-12 P-TC Bowman 1 PM "Brain Health"
23	24 BE-3-4:30 PM Adv. YSF BE- 5:30-7:00 PM WQ	25 BE-5-6 PM Int. YSF	26 GMC 11 -12 P-TC Bowman 5:30-7 Women's Qigong	27 OPC-10:30-12 Adv. YSF	28	29 BE- 9:30-10:45 Beg.YSF BE-11-12 P-TC
30	31 BE-3-4:30 PM Adv. YSF BE- 5:30-7:00 PM WQ					Bowman- Library 871 Tasker Rd. Stephens City, VA GMC- Godfrey Miller Ctr – 28 S. Loudoun St. Winchester, VA
Legend:	Codes: Blue MoveMentation led Black – TCHE led	YSF- Yang Short Form Beg. – Beginners Int. - Intermediate	Handley 100 W Piccadilly St Winchester	P-TC – Practical Tai Chi OPC – Opequon Presby Church (inside) BE- Body Elite Wellness 3052 Valley Av.Ste 200		

For more information on the schedule or a particular detail on a class, you can go to taichiavk.com for Adrian's TCHE web site or you can go to MoveMentation.org for Adrian's MM website or text or call Adrian at 540-931-6507

