

## Tai Chi Healing Energies Class Offerings and Events for September 2024

### Events for September:



**Sept. 24<sup>th</sup> - Bowman Library, 10:30-11:30 AM Tuesday, Limited Mobility/Seated Tai Chi \* 871 Tasker Rd, Stephens City, VA 22655**  
Tai Chi has numerous healing benefits and can be modified to meet each individual practitioner's needs and mobility. This offering is for those wanting to explore tai chi in a chair, with support, or needing modifications made for their current mobility level. Wear comfortable clothes and bring water to drink.

**Sept. 28<sup>th</sup> - Handley Library, Event starts at 11 AM Saturday.**  
Adrian's Self-Massages sessions will be at 1:00 PM, 1:30 PM, 2:00 PM and 2:30 PM.  
**100 W Piccadilly St, Winchester, VA 22601**



### 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 outdoors at the beautiful Willow Grove Farm; the class will transition to an indoor location with the changing of the season.

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:**

The Yang 37 Posture Short Form classes (advanced and intermediate) 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"**