



Qigong & Tai Chi

with Diane Redman

Qigong (chi gong; means “Life Energy Cultivation”) is a practice of aligning breath, movement, and awareness for vitality, healing, and meditation. The gentle rhythmic movements of qigong reduce stress, build stamina, and enhance the immune system. Tai chi increases circulation, improves balance and coordination and enhances overall
* physical condition.

Beginning on May 11th

Thursdays 11:00am - noon

\$4 per session

Cedarburg Community Gym (upstairs classroom)

Modifications and seating available

Diane has been practicing martial arts for 40 years and teaching more than 30 years. She brings her depth of knowledge and passion to the forms that she teaches.

