

## SPOTLIGHT ON T'AI CHI / QI GONG / REIKI

My interest in energy and movement began in my youth. In my mid-thirties I discovered a comprehensive, non-impact exercise system that would strengthen and tone the mind/body/spirit/emotion components and last into old age. The Art of T'ai Chi became one element in healing a fractured pelvis from a car accident.

One question prospective students ask: "What is the difference between T'ai Chi, Qigong, and Reiki?"

- Qigong is the foundation of T'ai Chi and involve stationary movements to increase awareness of energy flow in the body. There are many forms and breathing is very important.
- T'ai Chi is the actual physical expression of this energy flow. We move through space and T'ai Chi's mechanics allows us to do so effectively and efficiently.
- Reiki is a specialized non-invasive technique where a practitioner places their hands on the person, which influences energy to redistribute and achieve homeostasis.

The similarity is energy, breathing, alignment, and movement.

The benefits are numerous:

- Quiets and regulates the breathing which soothes the nervous system.
- Balances hormones for natural weight distribution and strengthens the bones
- Builds the immune system
- Optimal functioning of organs
- Brings balance on all levels and removes unnecessary tension
- Integrates R and L brain

My instruction, from 25 years of independent study, includes learning the physical movements, philosophy, breathing, meditation, warm-ups, readings, and more. These systems are ancient arts and I address the practical applications.

With health care in upheaval, T'ai Chi and associated systems are health maintenance and prevention in one. One student remarked it is an insurance policy for well-being. It is about taking health care into your own hands. You learn to rest. All that is required is your time, comfortable clothing, shoes, and an open mind. My presentation is more than a class ~ It is a Program for Life.

Register and/or give the gift of T'aiChi/QiGong/Reiki.

And, yes, men are welcomed at the YWCA. We encourage their involvement in the program.

Other services I offer include Organization of Space, Files, and Life, Short term Projects, and Creative endeavors.

View my website: [www.energydynamics-imagine.com](http://www.energydynamics-imagine.com)