



SEAMLESS MOVEMENT

Tai Chi for Wellness

with Beth Blair



Movement is vital to wellness. Practice of basic movement can and will improve balance, range of motion and overall wellbeing. Tai Chi and QiGong are two Asian movement practices that improve wellness. Usually choreographed into a form (series of movements), the result benefits the entire body and mind. The pace of each movement requires discipline of very slow movement coordinated with the breath. There are many studies illustrating the benefits of Tai Chi/Qigong for overall wellness.

Seamless Movement (Tai Chi For Wellness), taught by Beth Blair, is a blending of Tai Chi, QiGong, somatic practices and patterning to improve activities of daily living. By practicing in a friendly community without the pressure of “doing it right”, participants will benefit simply by being in the room. Each person practices from where they are on that given day. Chairs are used, not only for those that cannot stand for long periods of time, but to bring practical use of movement.

Class Schedule Fall 2017

Tuesday

11am - Unity Moravian Church 8300 Concord Church Rd Lewisville
(Fellowship Hall Single Door on the right)

3pm - Fairview Moravian Church 6550 Silas Creek Parkway, Winston Salem
(Fellowship Hall Lower Parking Lot)

Thursday

10am-Trinity Presbyterian Church 1416 Bolton Street, Winston Salem
(Fellowship Hall is on the left)

Class cost \$5/person

Contact Beth: Beth@seamlesslivingNC.com or 336-407-0621

*Class cancellation due to weather based on WS/FC school closings