

# Sign Up Now

## New Qigong & Tai Chi Classes starting March 21

Learn how to relax your body & mind and heal yourself from the inside out.



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**Wednesdays 6:30-7:30 pm**

**6 - week Session: March 21 – April 25**

\$50 for 6-week session or \$10 per class walk-in rate

### **Qigong for Healing and Relaxation**

This class incorporates gentle Medical Qigong movements, breathing exercises and self-massage to awaken the healing energy within each of us. We will also enjoy the 8 Brocades, a series of slow, expansive movements to increase flexibility and relaxation. Suitable for all ages and physical types. No prior experience in Tai Chi, Qigong or Yoga needed.

**Roger L. Nelson** is an IIQTC (Institute of Integral Qigong and Tai Chi) certified Medical Qigong practice leader. He has practiced Tai Chi and Qigong for over a decade, and yoga for over 30 years. He is Professor Emeritus at UWSP, where he directed and/or music-directed 26 musical theatre productions. He continues to teach individual voice lessons, and integrates Qigong breathing and relaxation techniques into his instruction.

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**Thursdays 7:00-8:00 pm**

**6 - week Session: March 22 – April 26**

\$60 for 6-week session or \$15 per class walk-in rate

### **Tai Chi, Qigong & Beyond**

For those who want to explore Qigong and Tai Chi beyond a beginner level and deepen their “Qi” experience. This will not be a traditional-taught class where you worry about footwork or movements, rather we will use the movements to get into a deeper state of relaxation, meditation and healing within. Knowing the basics of Qigong from the free Tuesday Tai Chi class will be enough background to help you progress into this deeper level. Each week of the 6-week session will be a different focus; Walking Tai Chi form, Flying Phoenix Seated Meditation, Labyrinth Qigong with Singing Bowl therapy... Qi surprises await!

**Deborah Adams** is founder and CEO of The Wellness Spa, Inc. since 1994, co-owner of Qi Garden Salt Spa, Clarity Boutique clothing store, and most recently Fire Horse Qigong Center. Deborah studied dance and performance arts, was an AMTA licensed massage therapist for 25 years and personal trainer. Certified in Tai Chi & Qigong, TLC© and Human Performance she brings her experiential knowledge together to create a unique style of Qigong she calls “Fire Horse Qi”. She offers lectures, training, and retreats in Qigong, stress healing, empowerment, self-care, and entrepreneurship. To contact her visit [WellnessSpaResort.com](http://WellnessSpaResort.com)

**Sign up at The Wellness Spa front desk or call 715-341-3333**