

T'ai Chi Chih

A MINDFULNESS MOVING MEDITATION

with Donna Aldous

Two in-person classes being offered at Queen's House Retreat and Renewal Centre, following all COVID-19 health and safety provincial protocols – come to one or both classes

Date and Time: Friday April 30, 6:30 – 9:30 p.m. *repeated*
Saturday May 1, 9:00 a.m. – 12:00 p.m.

Cost: \$60.00 per class
A minimum of 6 and maximum of 8 participants are needed to offer this program.
Registration deadline: **April 28**

Registration Details: There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can register and pay online!
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Detail: *What is T'ai Chi Chih?*

T'ai Chi Chih is a mindfulness moving meditation. The set of 19 movements and one pose is soft, flowing and easy to learn. Benefits may include peace of mind, improved health and simply, joy. The most powerful way to come to understand TCC is by taking a class with an accredited teacher so that the movement of energy can be felt first-hand. TCC practice allows the essential energy, or Chi, that moves within us all to circulate and balance. That in turn improves our health and sense of well-being. TCC is not a martial art - it is completely non-violent. T'ai Chi Chih does not require a particular level of physical fitness or coordination. The very old and very young alike can learn it. For those with physical limitations, movements may be done seated – with some modification. No special clothing or equipment is required.

Presenter: **Donna Aldous**

Accredited in 2002, I have enjoyed teaching TCC and seeing how it can change people's lives. My morning practice keeps me grounded and in the moment for a large part of the day, not a small thing. After 20 years I find T'ai Chi Chih is doing T'ai Chi Chih if I can just get out of the way. Looking for peace and joy? Contact me today. Life is such a gift!!! dmaldous@sasktel.net