



### 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](mailto:dmaldous@sasktel.net)

### Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

306-242-1916

[programming@queenshouse.org](mailto:programming@queenshouse.org)

For details on all programs:

[www.queenshouse.org](http://www.queenshouse.org)



A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



## T'ai Chi Chih A MINDFULNESS MOVING MEDITATION

**Friday February 25,  
6:30 - 9:30 p.m.**

*repeated*

**Saturday February 26,  
9:00 a.m. - 12:00 p.m.**

CLASSES HELD AT  
QUEEN'S HOUSE FOLLOWING ALL  
PHYSICAL DISTANCING PROTOCOLS



### Donna Aldous



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

# T'ai Chi Chih

## A MINDFULNESS MOVING MEDITATION

**Move towards better health and more happiness.**

"Nothing is more important than knowing how to circulate and balance the Intrinsic Energy, the Vital Force of the body, known as Chi in Chinese," says T'ai Chi Chih® founder Justin Stone, who lived to be 95 years old. "The rewards in good health, wisdom, serenity, and longevity are great for the one who learns the ancient principles and applies them in a modern way."

### 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.

T'ai Chi Chih® is a set of movements completely focused on the development of an intrinsic energy called Chi. T'ai Chi Chih (TCC) consists of 19 stand-alone movements and one pose. 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.

### By whom, and where, is TCC taught?

TCC may only be taught by accredited TCC teachers. They offer classes in corporate wellness programs; at schools and universities; at senior centers and retreat centers; through Parks and Recreation departments; and at hospitals, churches, and even prisons.



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*repeated*

**Saturday February 26,  
9:00 a.m. - 12:00 p.m.**

Cost: \$60/class

A minimum of 6 and maximum of 8 participants are needed to offer each class.

***We request that all participants be doubly-vaccinated and wear masks when participating in this in-person workshop.***

Registration deadline: **February 23.**

### Registration Details

There are two registration options:

- Visit our website: <https://www.queenshouse.org/programs/>  
**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.