

..RELAX.....FLOW...
.....MEDITATE.....
.....BALANCE...

"GET FIT
THE EASY WAY"

TONE MUSCLES
STRETCH LIGAMENTS
OPEN JOINTS
PROMOTE FLEXIBILITY
INCREASE COORDINATION
IMPROVE BALANCE
CORRECT POSTURE
DEVELOP STRENGTH
INCREASE AGILITY

"GET WELL
THE NATURAL WAY"

LOWER BLOOD PRESSURE
BOOST IMMUNE SYSTEM
BALANCE METABOLISM
REDUCE CHRONIC PAIN
DEVELOP THE HEALER WITHIN

"If it isn't fun, it
isn't Tai Chi!"

TAI CHI FOR EVERYONE

"CELEBRATING YOUR WELLNESS"

GLEND A HESSELTINE, M.A.
(707) 268-3936

Specializing In "Tai Chi For Kids!"



Glenda Hessel tine, M.A., Instructor in the
"art of effortless effort"
Has practiced and taught Tai Chi Chuan &
QiGong for the past 18 years. Using gentle
movement, guided meditation, and
breathwork, she has worked with clients of all
ages, with a variety of health conditions and
challenges. Her current passion is working
with Kids

What is Tai Chi?

- a 5 - 10 minute simple exercise, classified as moderately cardiovascular.
- a martial art, building internal as well external strength.
- a healing art.
- a "moving meditation".
- a wellness program.
- a "body prayer".
- a stress-reduction program.
- FUN!

Class fees: \$5 to \$10

Private Lessons or Individual Health Coaching also available

\$45 per hour.

Call Glenda at 707 268 3936 for more information and class schedule.

CURRENT CLASSES

Tai Chi for KIDS!

Simple movements based on the flow in nature and designed to be fun for kids. Students learn about inner-control, how to calm-down when necessary, how to find and direct their "chi" or energy in a positive way. Includes instruction of the form "PLAYFUL DRAGON" (Parent may take this class with their child.)

Tai Chi for TEENS

This class is a simple, fun way to relax and exercise, improve coordination & concentration. Explore the soft form of martial arts. A form of "moving meditation" and mindfulness training. No previous experience is necessary.

Tai Chi Made EZ for Adults

Relax, have fun, get fit the easy way. Special training in stress reduction. Stretch, tone, limber, strengthen the body, relax the mind, and calm the spirit.

The best thing about this style of Tai Chi is that everyone can do it. No previous experience needed.

What Results Can I Expect?

- Reduce stress
- Develop the ability for self-healing.
- Calm the mind & relax the body.
- Help digestion.
- Quiet the nervous system.
- Boost energy level.
- Improve flexibility & mobility.
- Better balance
- Improve circulation, lower blood pressure.