

## Seasonal Alignment through Meditation and Qigong

Saturdays, 9:15-10:15 a.m.

Living in harmony with the energetic changes of the seasons is central to Daoist philosophy. In fact, our Tai Chi program is organized into four ten-week sessions that map over the four seasons.

We offer a cycle of meditation and Qigong in our Saturday 9:15 class that coordinates with the seasons and helps to bring us into alignment with the distinctive yin and yang nature of each one. The classes also delve into additional ways to align ourselves with the seasons through sleep, diet, and mindset. Since winter is the most yin of all the seasons—a season of dormancy and reflection—classes in the winter session have a greater focus on meditation and the more introspective forms of Qigong. Spring and fall sessions contain a combination of meditation and Qigong that flows with the seasonal change, while during the summer—the most yang of all the seasons—we focus on Qigong and the more energetic meditation postures.

Join us for a class that is beneficial to health and healing in so many ways and will also support your personal Tai Chi practice.

[www.WestchesterTaiChiCenter.com](http://www.WestchesterTaiChiCenter.com)