



**2020 Winter Session, January 7 – March 21
(No Classes February 17 – 22)**

All classes are taught by Lisa Rawson or a qualified instructor and held at the Burke Rehabilitation Center, 785 Mamaroneck Ave., White Plains, New York (enter through Building 4).

Traditional Tai Chi and Qigong	
Traditional Yang Style Tai Chi form training and Qigong. All movements are done standing or walking.	Tuesdays 6:15-7:15 p.m. (all levels) Wednesdays 6:15-7:15 p.m. (all levels) Wednesdays 7:30-8:30 p.m. (all levels) Saturdays 8:00-9:00 a.m. (all levels) Saturdays 10:30-11:30 a.m. (all levels) Saturdays 11:45-12:45 p.m. (beginners)

Expanded Training	
<i>Meditation and Qigong:</i> The use of breathing, visualization, mindfulness, and movement to explore the Daoist practice of living in harmony with the yin and yang of seasonal change.	Saturdays 9:15-10:15 a.m.
<i>Tai Chi Stick and Tai Chi Saber:</i> These are the first taught of the Tai Chi weapons. Some experience in Tai Chi required. New students should talk to instructor before registering.	Tuesdays 7:30-8:30 p.m.

Tai Chi for Balance	
<i>Tai Chi for Balance:</i> Includes Qigong, Tai Chi for balance and Tai Chi form. Movements can be done standing or seated.	Tuesdays 12:00-12:45 p.m.
<i>Tai Chi for Balance Plus:</i> Includes Qigong, Tai Chi for balance, Tai Chi form, and Tai Chi walking. All movements are done standing or walking.	Wednesdays 11:00-11:45 a.m. Wednesdays 2:00-2:45 p.m. Fridays 11:00-11:45 a.m.

To register, click here: www.WestchesterTaiChiCenter.com/register