



Online Tai Chi for Balance

**2020 Fall Session, October 5 – December 16
(No classes November 23 and November 25)**

This ten-week, comprehensive balance program includes two live-streamed classes on Zoom and is designed to improve overall physical and mental health. Movements can be done either standing or seated. All classes are taught by Lisa Rawson.

The Tai Chi for Balance class focuses on physical balance. It includes Qigong, Tai Chi form, and Tai Chi movements that have been adapted to address balance-specific needs.

The Meditation and Qigong class balances mind and body through breathing, visualization, mindfulness, and movement. Over the course of the calendar year, the class explores the Daoist practice of living in harmony with the yin and yang of seasonal change.

The program includes all of the following:

- A Tai Chi for Balance class livestreamed on Zoom (Mondays from 10:00-10:45 a.m.).
- A Meditation and Qigong class livestreamed on Zoom (Wednesdays from 10:00-11:00 a.m.).
- Unlimited access to online recordings of the live-streamed classes for two weeks after the classes are held.

Students can tailor the program to their individual needs and schedules. You can attend one live class or both, or just watch the recorded versions of the classes. You can also use the recordings to repeat classes or even just parts of classes as desired.

**For more information, or to set up a free trial class,
contact Lisa Rawson at Lisa@WestchesterTaiChiCenter.com or 914-815-1922.**