

Tai Chi ~ CosmoDynamics

With Master Katie Varenne



Every Monday
5:30-6:30 pm

Cost: \$15 / drop-in

\$65 / 5 sessions

\$110 / 10 sessions

(Try a class for only \$10, and you can apply that to the 10 class fee)

CosmoDynamics, also known Pa-Kua Tai Chi, draws its knowledge from the I-Ching and ancient Taoist practices. It is a "soft" Chinese martial art form and a means of cultivating the qi, or chi, in the body. Tai Chi originally stemmed from the ancient practice of Qi Gong, and still consists of many Qi Gong movements. Over time it evolved to a distinct and separate martial art form. It incorporates movements that are used as a form of relaxation and to teach control of every part of the body. The movements practiced are slow and steady, and students will focus on developing control and form.

The health benefits of regular practice include:

- More efficient breathing
- Reduced blood pressure
- Increased bone density, strength and range of motion of joints
- Greater leg & knee strength and flexibility
- Reduced levels of stress hormones during and after practice



Practitioners studying CosmoDynamics will achieve better conditioning for the body and more importantly, develop a sense of internal calm. It is to learn to synchronize with the environment, to move with the dynamics of the cosmos. In using introspection, practitioners while bring together their inner strength and softness in the outside. It's about opening the mind and losing the structure.

Call 503-693-9101 to register TODAY

RoseSprings Center for the Healing Arts
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