

# Tai Chi, Qigong & Yoga

## ***Parkinson Community Center: South Palm Beach County Chapter***

Located in the Boca Grove Office Centre: 21301 Powerline Rd, Ste 300, Boca Raton FL 33433. Call 561-962-1702 for directions.

Many studies have consistently found that Tai Chi is more beneficial than weight or resistance training and stretching for improving the quality of life for Parkinson patients. The South Palm Beach County Chapter of the National Parkinson Foundation offers Tai Chi, Qigong and Yoga for *FREE* to our members as part of our Surf and Turf program. Please join us on the following days and times to take advantage of this program offered by a leading school of Eastern Wellness in Boca Raton.

### **Tuesday Mornings:**

**10:00 AM — 11:00 AM Qigong (“Chi – Kung”) for Healing** Standing movements, healing sounds, energy flush and moving meditation. Gentle and relaxing, great for students of all ages.

**11:15 AM — 12:15 PM Tai Chi for Wellness** Warm up, stationed tai chi arm movements, walking and foundation form. This is a well-structured on-going class conducive to all levels. Taught by Master Jennifer Yu

### **Friday Mornings:**

**11:00 AM — 12:00 PM Yoga Balance** Lead by Elissa Barona.

**12:00 PM — 1:00 PM Tai Chi** Lead by Elissa Barona.

### **Monday & Thursday Evenings:**

**6:00 PM — 7:00 PM Qigong for Healing.** Led by Steven McPherson, disciple of Jennifer Yu..

**7:00 PM — 8:00 PM Tai Chi — 24 Form** Stretches, strength/balance training, 24-Shi Tai Chi form. Taught by Steven McPherson.

### **Saturday Mornings: *James A. Rutherford Park, Boca Raton* 600 NE 24<sup>th</sup> St, Boca Raton, FL 33431**

From Glades Rd. go N on Fed Hwy, go E on 24<sup>th</sup> St. Park is on right. Walk down first boardwalk to pavilion overlooking Lake Wyman.

**10:00 AM — 11:00 AM Qigong for Healing** Led by Master Jennifer Yu.

**11:15 AM — 12:15 PM Tai Chi for Wellness** Led by Master Jennifer Yu.

