



The latest news from Tai Chi Yoga Center, January 2015

Hello and Happy Lunar New Year.

I just got back a week ago from Beijing China after two weeks training for Qigong for Heart with my Qigong master, professor Zhang GunDe who is 85 this year and retiring from his Beijing Sport University after over 60 years teaching. I started his Qigong practice over 20 years ago in Mongolia. Now there are millions of people practicing and benefiting from from this Qigong over 70 countries. I'm so ready to share this Qigong with you now, so, are you ready to get introduced this Qigong? Come and join to my Saturday 1pm Free Introduction class in Eugene at River Road Center Annex, 1055 River Rd. (info below)

-Suman

Healing from Cardiovascular Disease with Qi Gong Exercise

Cardiovascular diseases (CVDs) include hypertension (high blood pressure), coronary heart disease (heart attacks), cerebrovascular disease, peripheral artery disease, rheumatic heart disease, congenital heart disease and heart failure.

Heart Disease: Why Your Cardio Health Matters

The **World Health Organization** reports that “An estimated 17 million people die of CVDs, particularly heart attacks and strokes, every year”. Along with smoking, poor diet and lack of activity are among the top three primary causes.

FREE one-hour Qigong for Heart INTRODUCTION
Saturday, January 31, 1-2pm or 4-5pm
1055 River Road, Annex House, Annex of River Road Parks, Eugene OR

Call for info: Suman 541-515-0462, 541-688-2688

Upcoming QIGONG COURSE with Suman

Course dates are: February 7, 1-4pm, March 7, 1-4pm, April 4, 1-4pm, May 2 1-4pm

Cost: monthly course \$45. 4 month course \$160

Register before February 1. Contact Suman 541-515-0462, email: sumanbarkhas1@gmail.com

Health Qigong for Heart is created by professor Qigong master Zhang Gunde of Beijing Sport University.

Series of 8 movements designed specifically for heart and associated diseases maximizing their efficacy on practitioners.

All energy exercises—Qigong from the simple to the more advanced (e.g. Yoga, Qigong and Tai chi) works the major blood vessels of the body and therefore the vascular system. The purpose is to take pressure away from the heart by pumping blood around the body since reducing the heart's output is necessary to relax and balance blood pressure throughout the vascular system.

Each month you will learn theory of **Yin & Yang** balance and 2 sets of exercises and practice. You will receive all instructional handouts.



Tai chi improves symptoms of Parkinson's disease, 2015

Tai chi, a type of **exercise** that guides the body through gentle, flowing poses, may help some of the worst physical problems of Parkinson's disease, a new study shows.

If further studies confirm the findings, experts say it appears that tai chi might be an effective therapy for improving a person's ability to walk, move steadily, and balance. Tai chi may also reduce the chances of a fall.

"The results from this study are quite impressive," says Ray Dorsey, MD, MBA, a neurologist and associate professor at Johns Hopkins School of Medicine in Baltimore.

Tai Chi Comes Out Tops

Perhaps the most impressive benefit of tai chi, however, was related to falls. Falls are common in people with Parkinson's, and they can cause serious injuries, including fractures and concussions. Studies show falls are the main cause of hospitalizations in Parkinson's patients. People in the tai chi group reported half the number of falls compared to those who were taking resistance training and two-thirds fewer falls than people who were doing light stretching exercises. The research is published in the New England Journal of Medicine. [Read more . . .](#)

Tai Chi & the Immune System

In their randomized-control-trial study, Tai Chi alone was found to increase participants' immunity to varicella as much as the vaccine typically produces in 30- to 40-year-old adults, and Tai Chi combined with the vaccine produced a significantly higher level of immunity, about a 40 percent increase, over that produced by the vaccine alone. The study further showed that the Tai Chi group's rate of increase in immunity over the course of the 25-week study was double that of the control group

-- Violet Li, Tai Chi Examiner, Angelina Jolie should start taking Tai Chi lessons, January 9, 2015



Peony's Bento Lunch on YouTube. Please leave your comments. Thank you.

Tai Chi Yoga Center
541-515-0462