



## Weekly Classes

At Elmira Tai Chi Yoga sanctuary, 24892 W.Demming Rd.  
Call or text to confirm that you are coming at 541-515-0462

### Yoga

\* Gentle and beginners yoga suitable for anyone wanted to gain flexibility, strength, mind focus and relaxation.

Tuesdays 5:30 p.m. to 6:30 p.m., ongoing

Thursdays 10:15 a.m. to 11:15 a.m., start 2/6, registration is open

\* Monthly Restorative Yoga therapy with Carin Secrest, Om Shanti Massage Therapist and Ayurveda practitioner; and Suman Barkhas, Tai Chi MBB Master instructor and Yoga Therapist

Thursday, February 6, 2 p.m. to 4 p.m.

Sunday, February 9, 2 p.m. to 4 p.m.

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At River Road Park Annex, 1055 River Road, Eugene, call 541-688-4052

### Tai Chi

This class is for those who are looking for ways to improve their balance and energy level and achieve better focus.

Tuesdays 6:45 to 7:45 p.m., session begins 2/6

Thursdays 9:00-10:00 a.m., session begins 2/6

### Tai Chi for Balance, Level 1

This class, which teaches slow, graceful, rhythmic movements combined with natural breathing, is invigorating and improves health. Tai Chi is great for improving balance and preventing falls. This class is designed for those with no Tai Chi experience.

1/8 to 3/19 . . . W . . . 11 a.m. to noon

Instructors: Suman Barkhas & Marcia Harlacher.

No class on the 4th Wednesday of each month.

### Tai Chi for Balance, Level 2

Tai Chi is great for improving balance and preventing falls. Practicing Tai Chi is easy, low-impact and is fun. This class is designed for those with some Tai Chi experience.

1/8 to 3/19 . . . W . . . 9:45 a.m. to 10:45 a.m.

Instructors: Suman Barkhas & Marcia Harlacher

No class on the 4th Wednesday of each month.

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At Willamalane Adult Activity Center, 250 W.C Street, Springfield OR,  
Call 541-736-4444 to register for spring class

Weekly classes:

### Tai Chi

Tai chi is proven by scientific study to relieve pain and improve quality of life. Learn 24 forms Tai Chi in a positive, enjoyable and interactive environment.

3/6-4/24 . . . Th . . . 7:30pm

### Beginning Yoga

Yoga postures can boost your physical, mental and emotional fitness. Specific sequences are designed so that everyone can participate and benefit. No class 1/20, 2/17

3/3-4/21 . . . M . . . 6:30pm .

3/5-4/23 . . . W . . . 6:30pm

## **Yoga Weight Management**

Weight loss should happen gradually and for good, and practicing yoga is a great way to reach that goal. Practice yoga at any age to keep the body supple.

3/6 to 4/24 . . . Th . . . 6:30 p.m.

## **Qigong**

Qigong (pronounced “chee-gong”) is the art and science of using posture, exercise, breathing and concentration to enhance health. Great stress reducer. Instructor: Suman Barkhas. No class 1/20, 2/17.

3/3 to 4/21 . . . M . . . 4:30 p.m.

3/5 to 4/23 . . . W . . . 4:30 p.m.

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## **Free Presentations**

\* **“Travel Mongolia”** by Suman, free presentation at Willamalane Adult Activity Center

Thursday, January 30, 1:30 p.m. to 2:30 p.m., register in advance 541-736-4444

Explore one of the last nomadic bastions on Earth — a land of endless Steppe and the famed Gobi desert. Suman Barkhas will share images from his travels home to Mongolia, as well as provide travel information for those interested in visiting this fascinating area.

\* **“Tai Chi for Better Balance & Fall Prevention,”** Power Point Presentation at downtown Eugene Library, free

Saturday, February 1, 5:30 p.m. to 7 p.m.

One of the main reasons you lose some of your balance reactions as you grow older is that you are not testing them constantly. Challenge your balance and it will improve. Keep doing it and you won't lose it. You can gain strength in your legs very quickly at ANY age. Better balance and stronger leg muscles will protect against falls.

\* **“Holistic Health - Tai Chi for Balance, Therapeutic Yoga and Chair Yoga”** with Suman, free orientation class.

Second Friday of each month 3 p.m. to 4 p.m.

Group Exercise Studio, first floor of Oregon Health and Vascular Institute @ Riverbend.

Register at the front desk of Cardiovascular Wellness and Rehabilitation or call 541-222-7216.

To register or for more information about any of these listings, call number indicated on the listing, Tai Chi Yoga Center at 541-515-0462, or visit the Web site at [www.taichiyogacenter.com](http://www.taichiyogacenter.com).

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## **Suman's CLASS LOCATIONS**

### **Oregon Heart & Vascular Institute, location and free orientation**

3333 RiverBend Springfield, OR 97477

Holistic Health Program

Phone: 541-222-1985

### **Willamalane Adult Activity Center**

215 West C Street Springfield, OR 97477-4508

Phone: 541-736-4444

### **River Road Annex**

1055 River Road, Eugene, Oregon

River Road Park Main Office: 541-688-4052

### **Elmira Tai Chi Yoga Sanctuary**

24892 W.Demming Rd., Elmira, Oregon

Phone: 541-515-0462, Suman

Phone: 541-515-0462      Email: [infotcyc@yahoo.com](mailto:infotcyc@yahoo.com)

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