



Weekly Classes

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.

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.

W . . . 9:45 a.m. to 10:45 a.m.

Instructors: Suman Barkhas & Marcia Harlacher

No class on the 4th Wednesday of each month.

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

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.

Free Presentations

“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.

“World Tai Chi and Qigong Day”

Our local event is going to take place at RiverBend Sacred Heart Medical Center on Fir Grove field (to the south of the Center, south of Emergency Dept.) from 10 a.m. to noon on April 26, 2014. For the last 10 years we have been offering this free public event as part of a Global Healing Event. Bring your friends and experience the healing benefits Tai Chi and Qigong.

Pre-register for this free event by sending an email to infotcyc@yahoo.com.

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.

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

Phone: 541-515-0462 Email: infotcyc@yahoo.com

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