

Autumn – 2017 - Classes Start the Week of September 25th



Empire Tai Chi's Community Based class schedule is open to the general public. These classes are taught at the Burke Rehabilitation Center in White Plains NY, which is an ATCQA (American Tai Chi & Qigong Association Certified Tai Chi Teaching Center). This schedule does not include membership, voluntary and corporate based classes taught by Empire. For information regarding

Free Trial Classes, Private and Small Group lessons and on site programs, please contact Empire Tai Chi Inc.

Sifu Gene Nelson, Certified Master Tai Chi Instructor, teaches or directly supervises all Tai Chi classes at Burke. Sifu, Gene is owner and chief instructor, Empire Tai Chi. Gene has been teaching for over 30 years including 22 years at Burke.

♦ Tai Chi Stick (aka Flute) - First taught of the Traditional Tai Chi Weapons

Section 1 - "Tai Chi Stick"

This is a Short form that is fun to learn and do. Stick supports the most important principles of Tai Chi and is wonderful for ones back, coordination, leg strength, flexibility and whole body awareness.

Tues. 7:30 to 8:30 PM, Appropriate for Active Individuals. with some Tai Chi Experience

♦ Traditional Tai Chi and Qigong:

Section 2 - Wed. 7:30 to 8:30 PM

Foundations & intermediate -

Tai Chi & Qigong

Section 3 - Sat. 11 AM to Noon

Foundations & Intermediate -

Tai Chi & Qigong

Section 4 - Sat. 8 AM to 9 AM

Foundations & Intermediate -

Tai Chi & Qigong

Section 5 - Mon: 7:30 to 8:30 PM

Beginning Students Levels 1 & 2

Tai Chi, Qigong, Breathing for Health

NEW - Section 6 — Thur. 7:30 to 8:30 PM

Beginning Students Level 1 ONLY

Tai Chi, Qigong, Breathing for

- **Qigong and Meditation:** This 90 minute class begins with 15 minutes of relaxed Stretching using the principles of Dao Yin. The class continues with the exploration of mindfulness, introducing the student to various aspects of Meditation. Qigong, Sung Breathing and "Awareness in Motion" exercises are introduced

Section 1 - Sat. 9:15 to 10:45 AM **Note: 90 minute class.**

♦ Tai Chi for Balance **PLUS +** - All Movements done Standing.

Appropriate for active people of any age.. Tai Chi for Balance, Qigong, Tai Chi Form, Tai Chi Walking

Section 1 - Wednesday 11 AM to 12 PM - **Section 2** - Friday 11 AM to 12 PM Multiple Levels

- **"The Original" Golden Tai Chi for Balance:** All Movements done Standing.

Ideally suited for newer students interested in a very functional Tai Chi for Balance program. Taught at Burke for over 21 years

Section 3 - Thursday Noon to 12:45 PM - Newer Students

♦ Therapeutic Tai Chi: *Students must be able to attend class without the support of an aid or care giver in attendance.*

All movements are done seated. This class is recommended for individuals with **balance challenges** that require the use of an assisted device. In addition this class is appropriate for individuals with **neurological disorders** including **Parkinson's disease, early stage dementia, recovering stroke patients**

Section 1 - Tues. Noon to 12:45 PM

Section 2 - Thurs. 2 PM to 2:45 **(Wait List Only)**

For additional information contact:

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