

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 and has been teaching for 29 years including 20 years at Burke.

Summer 2014 Tai Chi & Qigong

All Classes Begin the Week of July, 7th

♦ **Traditional Tai Chi:** *Students must be able to stand and walk un-assisted*

Section 1 - Tues. 7:30 to 8:30 PM	Intermediate - Levels 1, 2 & 3
Section 2 - Wed. 7:30 to 8:30 PM	Foundations - Levels 1
Section 3 - Sat. 10:45 to 11:30 AM	Intermediate Levels 1, 2 & 3
Section 4 - Sat. 8:15 to 9:15: AM	Foundations - Levels 1 & 2

♦ **Principles & Practice of Qigong and Neigong - no experience necessary**

This 60 minute class begins with 15 minutes of standing meditation with tranquil (Sung) breathing). The class continues with the exploration of mindfulness in motion using Silk Reeling exercises and the Qigong set "Ji Ben Qigong" to explore the ancient internal practice of neigong (The Philosophy of Change). No experience is necessary, however a desire to delve deeply into the heart of the Internal Arts is required. *A conversation with Sifu, Gene Nelson, prior to registration is a pre-requisite.*

Section 1 - Sat. 9:30 to 10:30 AM

HIGHLY RECOMMENDED

♦ **Golden Tai Chi for Balance:** *Students must be able to stand and walk un-assisted*

Section 1 - Mon. 11AM to 12 noon	All Levels	<i>all moves done <u>standing</u></i>
Section 2 - Wed. 11 AM to 12 noon	All Levels	<i>all moves done <u>standing</u></i>
Section 3 - Thurs. 12 PM to 1 PM	Foundations Levels 1 & 2	<i>some moves done with assisted standing</i>
Section 5 - Fri. 11AM to 12 noon	All Levels	<i>all moves done <u>standing</u></i>

♦ **Therapeutic Tai Chi:**

Parkinson's, recovering stroke, neurological challenges, early onset dementia, acute balance concerns

Students must be able to attend class without the support of an aid or care giver.

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

Section 1 - Tues. Noon to 12:45 PM

Section 2—Thursday 2 PM to 2:45PM

For additional information contact: Sifu, Gene Nelson - Director, Empire Tai Chi Inc.

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