

# Winter 2016 Tai Chi & Qigong

All Programs Begin the Week of January, 18th



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 30 years including 21 years at Burke.

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

Section 1 - Tues. 7:15 to 8:30 PM

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

Section 3 - Sat. 11 AM to Noon

Section 4 - Sat. 8 AM to 9 AM

**Advanced Tai Chi Training**

Foundations & intermediate

Foundations & Intermediate

Foundations & Intermediate

◆ **Principles & Practice of Qigong and Neigong :**

This 90 minute class begins with 15 minutes of Stretching using the principles of Dao Yin. The class continues with the exploration of mindfulness in motion using Sung breathing and the Qigong set "Ji Ben Qigong" to explore the ancient internal practice of Neigong (The Philosophy of Change). Experience in a system of movement like Tai Chi, Yoga, Qigong, Reiki and or meditation or mindfulness training is a pre-requisite. **A conversation with Sifu, Gene Nelson, Empire Tai Chi, prior to registration is required.**

Section 1 - Sat. 9:15 to 10:45 AM (This is a 90 minute class)

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

This is a enhanced version of our Golden Tai Chi for Balance program. **Appropriate for active people of any age.**

Section 1 - Wed. 11 AM to 12 noon

Section 2 - Fri. 11 AM to noon

◆ **Golden Tai Chi for Balance - Foundations Levels 1 and 2 - Students must be able to stand and walk un-assisted.**

Movements are first learned seated and then practiced standing, without support. This class is not appropriate for those who use an assisted walking device.

Section 1 - Thurs. 12 PM to 12:45 PM

◆ **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—Thursday 2 PM to 2:45 PM (wait list only)

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

*Certified, Tai Chi Master Instructor, American Tai Chi & Qigong Association*

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