

Crane Dance - Gentle Tai Chi

Saturday 9:15 – 10:10 am



Crane Dance is a gentle form of tai chi that is both mindful and meditative. Stationary crane, qigong, and tai chi moves that are not part of Gentle Tai Chi-Qigong class are taught and combined in a continuous fluid sequence representing the movements of the Crane.

This class starts with 15 minutes of Qigong (Chee-gong) warm-up activities that are a subset of those used in Gentle Tai Chi-Qigong.

The remainder of the class is spent learning and practicing the Crane Dance moves and sequence.

Crane Dance - Gentle Tai Chi is based on Crane Dancing Qigong which was originally developed by Tori Fiore in 2007. Forward and backward steps are replaced with stationary rocking moves. Movements that are done standing on one leg are modified to be done using both legs.

\$12 drop in per class

\$40 per for a 4-punch card

Cards can be used for all Gentle Tai Chi classes

- Wear comfortable loose-fitting clothes
- Can be done barefoot or in flat shoes

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Gentle Tai Chi-Qigong Gentle Tai Chi Sequences Crane Dance - Gentle Tai Chi



Gentle Tai Chi was developed specifically for seniors and people with Parkinson's but is great for everyone.

Gentle simple movement is incorporated with the breath to promote relaxation, improve circulation, stimulate neural pathways in the brain, strengthen inner core muscles, and build muscle stamina.

Excellent safe exercise for:

- Balance issues
- Joint surgery/replacement rehab
- Respiratory or prolonged illness recovery

Taught by Trudy Sherman
Certified Tai Chi instructor



Gentle Tai Chi - Qigong

Tuesday & Thursday 10:30 – 11:25 am

Tuesday 5:30 - 6:25 pm

Friday 1-1:55 pm

Gentle Tai Chi - Qigong consists of gentle stretches and exercise that help improve circulation and release stress. Because the moves are stationary, it is an ideal form of exercise for anyone that has balance issues. This class is a great way to get introduced to tai chi.

This class starts with 30 minutes of warm-up activities from the 4000-year-old practice of Qigong (Chee-gong):

- Stretches
- Breathwork
- Movements to stimulate/improve
 - Joint flexibility
 - Circulation
 - Posture
 - Relaxation

The second half of class is the practice of stationary movements taken from the 2000-year-old practice of Tai Chi. Each movement is repeated 3-5 times to each side using either gentle forward-back or side-to-side rocking motions.

These moves help improve:

- Balance
- Brain health (stimulate neural pathways)
- Stamina
- Core Strength



Gentle Tai Chi Sequences

Tuesday 1-1:55 pm

Gentle Tai Chi Sequences is slightly more rigorous than the Gentle Tai Chi - Qigong class. Individual moves from Gentle Tai Chi - Qigong are combined in continuous fluid sequences that are stationary.

This class starts with 15 minutes of Qigong (Chee-gong) warm-up activities that are a subset of those used in Gentle Tai Chi-Qigong.

The remainder of the class is spent working on sequences of moves from Gentle Tai Chi. Each sequence consists of moves with similar philosophical concepts.

Working on a sequence provides the additional health benefits that come from:

- Memorization
- Fluidity of motion
- Transition from move to move
- Extended stamina
- Correctness of arm and body position

All 3 Gentle Tai Chi classes can be done sitting or with the support of a chair or walker if needed.

