



# Holistic Health



*With Suman Barkhas, Certified Yoga Therapist*

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## **Tai Chi for Balance**

Mondays & Fridays, 1:30—2:30pm      \$120/10 weeks

This Eight Form Tai Chi is designed to help improve balance and prevent falls. All movements adhere to fundamental principles of Tai Chi, involving weight-bearing and non-weight-bearing stances, good body alignment and coordinated movements conducted in a continuous, circular and flowing motion, with emphasis on the breathing cycle.

## **Therapeutic Yoga**

Mondays, 9:00—10:00am      \$60/10 weeks

A gentle yoga program that focuses on physical and psychological well-being.

## **Tai Chi for Beginners**

Mondays, 10:00—11am      \$60/10 weeks

Learn how you can use tai chi to boost your physical, mental, and emotional fitness. These specific sequences are designed so that everyone can participate and benefit.

## **Qi Gong—Cultivating Health and Vitality**

Tuesdays, 3:00—4:00pm      \$60/10 weeks

Qi Gong uses slow, graceful movements and controlled breathing practices to enhance circulation and overall health.

## **Meditation for Heart and Mind**

Wednesdays, 2:00—3:00pm      \$60/10 weeks

Learn the health benefits of meditation through regular practice and experience. The sessions will leave you refreshed and revitalized!

*All classes held in the Group Exercise Studio on the first floor of Oregon Heart & Vascular Institute at Sacred Heart.*

**Register at the front desk of the Cardiovascular Wellness & Rehabilitation Center or call 222-7216.**

***Pre-registration and payment required prior to participation. No refunds or pro-rating. Call Suman for more information-- 222-1985.***

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