

# Tai Chi Easy

Bring Ancient Practices of Cultivating Breath and Body Awareness, Self-Massage, and Meditative Movement into Your Work/Life Balance

4-Hour Workshop at Mountainside Fitness, Ocotillo  
Corner of Alma School & Germann in Chandler

**Saturday, May 16, 1 p.m. to 5 p.m.**

***Discover the practice of Tai Chi and Chinese Yoga (Qigong).***

The most profound medicine is produced within the human system. Tai Chi Easy makes it EASY to awaken inner healing capacity.

**Taught by Dr. Roger Jahnke, Author and Tai Chi Master**  
Director and Founder, Institute of Integral Qigong and Tai Chi, Santa Barbara, California



*Books Authored by Dr. Roger Jahnke:*

The Healing Promise of Qi, Contemporary Books a Division of McGraw-Hill, 2002

The Most Profound Medicine, Health Action Press, 2nd Edition, 2002v

The Healer Within, HarperSanFrancisco, Hardback, 1997; Paperback, 1999

Cost: \$60 for the 4-hour workshop

To register, contact Amy Larkin, Athletic Director, Ocotillo Mountainside,  
[amy@mountainsidefitness.com](mailto:amy@mountainsidefitness.com) or call the club at 480.732.9777