



***"Healing Begins with Relaxation."***  
**From BNEW4LIFE, LLC to You**

***Gentle Relaxing & Healing Tai-Chi-Gong  
at South Holland Library***

**Upcoming Dates & Times**

1. 3/9/22 2:00 2. 3/16/22 2:00 3. 4/13/22 2:00 4. 4/20/22 2:00 5. 5/11/22 2:00 6. 5/18/22 2:00

**What is Tai-Chi**

*Gentle, breathing meditation with movement postures and series of exercises. It was developed by Chen Wangting in China around 1670. Chen style was the first Tai chi system. Tai chi is not a religious practice. Tai Chi mean the grand ultimate universe.*

**BNEW4LIFE integrated Tai Chi** with **Qi-gong** (More simplistic breathing, energy movements and postures for the purpose of health and healing around 2010.) This innovation results in literally thousands of children-seniors showing health and mental health related improvements as long as they practice consistently. Our exercises align with the flow of nature not religion.

***Some Benefits:*** Lower blood pressure, can improve balance, more relaxed respiratory system, eases pain and symptoms of most diseases such as asthma, some cancers, fibromyalgia, stroke arthritic pain, pandemic related stress and emotional imbalances. (This is dependent on how dedicated you are to the practices.) We recommend at least 5-10 minutes daily or 2 times daily 5-10 minutes.

***Our sessions:***

*We will have fun exploring the wonderful benefits and practices of Tai-Chi-Gong.*

- \*Be open to the possibilities.
- \*Have no expectations.
- \*Focus on how you *FEEEEEL*.
- \*No thinking is necessary.
- \*Please ask questions.
- \*Smile often and have fun!

***For your safety:***

- \*Wear comfortable clothing and shoes. Gym shoes are good.
- \*If you can do the movements up to 80% we ask you to only do 70%.
- \*Let us know about any health issues or limitations so we can keep an eye on you.

***Brian Thompson, Founder/Chief Wellness Innovator  
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