Tai Chi for Health & Relaxation  
Fridays 8:30–9:30 am Oct 23 – Nov 20th  
with Jill L. Basso

Tai Chi Chuan is a meditative, ancient Asian art that helps enhance awareness of the body with its focused, slow & continuous movements creating balance in the mind-body connection. In this class you will learn basic movements to enjoy these benefits giving rise to relaxation and renewed energy for everyday life. Jill L. Basso is a Certified Tai Chi Instructor, bodyworker, and educator and has been teaching Tai Chi since 1995.  
www.desertsagetaichi.com

Healing with Qigong  
Mondays 9:00–10:15 am Self-Healing  
Thursdays 9:30–11:00 am Finding Balance  
with Rose Allen

The slow, meditative movements of this ancient healing art serve to improve overall health, vitality and life force. We have the ability to heal ourselves and build energy through the practice. Benefits are numerous. Rose Allen has been practicing and studying for a decade and thrives when teaching.  
www.TheWayofQigong.com

Yoga For Health  
Mondays 2:00–3:00 pm for cancer patients  
Wednesdays 2:30–3:30 pm for general health  
with Cynthia Nero

Yoga is an intelligent, transformational, and powerful practice, which develops greater awareness, confidence, self-esteem, emotional balance, flexibility, and strength. In this class we will explore a variety of postures, breath work and relaxation techniques using props to support and safely guide you to your optimal pose. Cynthia Nero is a certified iyengar yoga teacher who has taught for 23 years and is the author of The Everything Yoga Book, and Yoga Poses to Shift Your State of Mind.

Meditation In Motion  
Thursdays 4:00–5:00 pm  
Yoga for Cancer Survivors:  
Thursdays 5:30–6:30 pm  
with Lisa Gulotta

Often, in our yoga practice, we strive so hard to "get it right" that we forget to listen to our inner voice, our life-force, our prana. This is a fluid, gentle yoga class that incorporates music, lyrical movement and breath. Lisa Gulotta is a yoga instructor, fitness trainer, and dancer and has a video The Next Step, Vol. I: Restorative Exercise After Breast Cancer.  
www.lisagulotta.com