

Pinnacle Behavioral Health



Presents:

TAI-CHI GROUP

HOSTED BY: JERALD PETELL, LMSW



STARTING MONDAY 10/17 @ 7PM

MOST INSURANCES ACCEPTED

ABOUT TAI-CHI:

Tai chi is a Chinese art form of meditation in motion using posture, breath and mental focus in balancing the body's energy systems. Tia chi is part of a self-balancing and healing practice. It accomplishes this by balancing the energy systems intrinsic capacities to self-heal. People of all ages and physical abilities can practice this form of exercise. Each movement is performed slowly to improve balance, flexibility, muscle control, mood and concentration. Tai chi brings awareness of the Chi energy to your physical, emotional and spiritual energy fields; making the mind, body and spirit connection. Tia chi promotes mental, emotional, and physical healing by combining movement, breath, meditation and relaxation.



If interested:

Call Rocco @ 689-0244 ext 22

Call Laura @ 689-0244 ext 12