

Tai Chi EASY™

Offered at the Roy and Patricia Disney Family Cancer Center



Maximize your innate ability for self-healing, increased vitality, and inner calm. Tai Chi EASY™ blends Tai Chi Chuan with Vitality Qigong and consists of:

- Gentle movement
- Breath practice
- Self massage
- Relaxation practice

These mind-body techniques are easy to learn and easy to apply. They require no special knowledge or training and can be safely practiced by people of all ages, sick and well.

Meditation Consisting of Slow Movements

Class Info:

Wednesdays, 9:00 – 9:45 a.m.

Cost: \$8 per session

Certified Instructor: Mark Melchiorre.

Mark is a licensed acupuncturist and a 20 year practitioner of Asian mind-body methods.

LOCATION:

The Roy and Patricia Disney Family Cancer Center
(across the street from Providence Saint Joseph)
181 S. Buena Vista St., Burbank, CA 91505
Integrative Medicine, 2nd Floor Yoga Room

TO SIGN-UP OR FOR MORE INFO:

(818) 748-4701. Class sizes are limited.

PARKING:

Available in structure adjacent to the Disney Family Cancer Center. Parking is \$1 per 15 min, \$8 max.