

TAI CHI EASY CLASSES

DECEMBER SPECIALS

“Taking care of one busy mind, one body at a time” ~BK



Health, Vitality & Inner peace

December Specials: Package must be purchased in December. First class session must start before January 15th, 2018.

TAI CHI EASY™ SESSIONS ARE CAREFULLY MODIFIED TRADITIONAL TAI CHI PRACTICES, BY DR. ROGER JAHNKE, O.M.D. TAI CHI EASY CONSISTS OF GENTLE MOVEMENT EXERCISES, BREATH PRACTICES, SELF-MASSAGE, AND RELAXATION/VISUALIZATION OR MEDIATION PRACTICES. TAI CHI HAS BEEN STUDIED TO HAVE NUMEROUS HEALTH BODY AND MIND BENEFITS, TAI CHIEASY IS HIGHLY ADAPTABLE AND CAN BE DONE BY ANYONE SITTING OR STANDING.

PAY AS YOU GO SESSIONS

\$15 bring a friend or family member half off

4 WEEKS (FOR 2 PEOPLE)	\$78
6 WEEKS (FOR 2 PEOPLE)	\$108
4 WEEKS (FOR FAMILY OF 4)	\$150
6 WEEKS (FOR FAMILY OF 4)	\$200

(PACKAGES ARE 45 MIN SESSIONS/ONCE A WEEK)

Location: Willow Food & Health Wellness Center
4309 Countyline Rd, Chalfont, PA 18914
Certified Tai Chi Easy Leader:
Barbara Krebs, CPC, TCEPL
267-271-1177 | Barbarakrebs71@gmail.com
www.taichieasywithbarbmarie.com

Barbara Krebs, CPC, TCEPL
Office: 4309 Countyline Rd
Chalfont, PA 18914
267-271-1177
BarbaraKrebs71@gmail.com
www.taichieasywithbarbmarie.com

Credentials/Current Certifications:

Certification Tai Chi Easy Practice leader from Institute of Integral of Qigong and Tai Chi
instituteofintegralqigongandtaichi.org

Certification Certified Professional Life Coach from Master Coaching Academy
Specializing in Stress Mastery Coaching, from Kalind Bakshi, MD/FACS,BCC,CoL, Total Wellness Options, LLC

Active and listed member of Namasta-www.namasta.com

Active and Listed Tai Chi Easy instructor with The Healer Within Foundation
www.healerwithinfoundation.org

Facilitator of Classes and private sessions held at:

Willow Food & Health Wellness Center

www.willowhealthfood.com

4309 Countyline Rd

Chalfont, PA 18914

215-997-2838

And

Ground Luminosity Eastern Wellness Center

www.groundluminosity.com

1501 Lower State Rd Building D, Suite 306

Northwales, PA 19454

215-646-2410

Pre-registration is required for sessions.