

## TAO WELLNESS CENTER Class Descriptions

All classes begin with a warm up 10 minutes before starting time. The warm up consists of body tapping to reduce tension and stress by releasing blockages in the meridian channels.

**Intestinal Detox:** Many toxins accumulate in the intestines, which can affect all other internal organs. This class focuses on increasing blood and energy circulation in the intestines and improved elimination of waste and toxins.

**Moving Meditation (Kigong):** Harmony of movement, breathing and awareness is needed for the effective practice of Ki-Gong. In this class you will learn basic physical movements, breathing techniques and practices to increase Ki awareness. Once your body is filled with internal Ki, its vital activities and natural healing ability are maximized; muscles and cells that have hardened and lost flexibility recover their vitality and suppleness.

**Dance Fusion:** Come dance, jive, and sweat out all your stress in a fun, invigorating, and active class that gives you a workout with a smile. Suitable for all levels, especially people with no dance experience.

**Mind/Body Balance:** Throughout the day our minds and bodies get out of balance. This class utilizes deep stretching, proper breathing, and posture therapy to harmonize the body and mind, creating a supple, but strong body. We finish each class with relaxation and energy meditation.

**Energy Core Class:** This class focuses on strengthening the core and building up the internal energy of the lower body and lower chakras. We start with deep stretching to open up the energy channels and then move into exercises to build internal strength, endurance, and better focus.

**Yoga Relaxation:** After a long day, or a long week, there's no better way to release tension. Yoga Relaxation is a slower, more restorative class. Stretch and open the body to release physical tension, and also learn breathing techniques to quiet the mind and relieve mental stress.

**Tao Yoga:** Tao Yoga is a physically and energetically challenging class. Expand your body and mind's potential by starting to learn more challenging poses and exercises to open your body, release negative thoughts and emotions and test your physical and mental endurance.

Note: Class content, times and instructors are subject to change without notice.