

EVIDENCE - BASED

# Qigong Tai Chi



## Tai Chi Qigong

For energy, vitality and tranquility

Whether you are interested in traditional training from an experienced teacher or simply want to move, de-stress, and get healthier, you will enjoy this unique combination of exercises. These practices are fundamental if you really want to nurture your energy while moving with efficiency, power, and grace. The principles you are cultivating include:

- upright and balanced posture
- relaxed body/tranquil mind
- movement originating from your core
- coordinated movement of weight shifting, waist turning, chest/abdomen opening/closing
- focused intention on the length and direction of the movement
- clear expression of yin/yang energy in every moment
- nurturing health
- no excess, no deficiency

Greg DiLisio, M.Ac. comes from the lineage of the late Grandmaster Feng Zhiqiang and Master Yang Yang, teaching advanced Qigong forms, Hunyuan 48, Cannon-Fist, Saber and Push Hands. During his 30+ years of experience, he has taught many thousands of students at Kripalu Center for Yoga and Health, Canyon Ranch Destination Spa and internationally. Greg is featured in the 60min DVD: Tai Chi Qigong, Following Movement in Nature. He has practiced Acupuncture and Chinese Herbal Medicine since 1997.

### New Classes Forming the week of June 17th

Tuesdays 4:30pm at the Lenox Yoga Center, [www.lenoxyoga.com](http://www.lenoxyoga.com)

Thursdays 3:00pm at the Kilpatrick Athletic Center, [www.simons-rock.edu](http://www.simons-rock.edu)

Sundays 9:00am at the Eastover Mansion, [www.eastover.com](http://www.eastover.com)

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